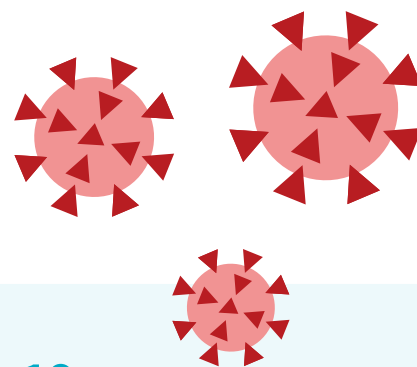


What is COVID-19?

COVID-19 is a respiratory disease. This means it affects the organs that allow us to breathe – the lungs, nose and mouth. Some people who get COVID-19 may have mild to no symptoms.



The common signs of COVID-19 are new or worsening cough

or two or more of these symptoms: fever (chills or sweats), sore throat, runny nose, shortness of breath (difficulty breathing), headache, nausea/vomiting/diarrhea.



or

2 or more of these symptoms

If you have symptoms of COVID-19, self isolate and get tested immediately.

COVID-19 can spread through:

- Coughing, sneezing, breathing or singing.
- Close personal contact, such as touching or shaking hands.
- Touching something with the virus on it, then touching your eyes, nose or mouth without washing your hands.



How to protect yourself and others:

- Stay home if you feel sick.
- Get your COVID-19 vaccine.
- Clean your hands often.
- Wear a mask in indoor public spaces.



If you or a family member is experiencing other symptoms that concern you, call **811** to speak with a nurse. **Language interpretation is available in more than 125 languages.**

Learn more at nshealth.ca/coronavirus