COVID-19 Patient Information Sheet

1. If you had a COVID test and do not have symptoms, you DO NOT need to self-isolate unless you have been directed to by Public Health.

2. If you have been directed by Public Health or 811 to be tested because of an exposure or having symptoms, self-isolate at home until you are contacted by Public Health and they will advise you on next steps. If you have a booked medical appointment during your self-isolation period, contact your health care provider to discuss options.

3. Drink plenty of fluids.

4. Wash your hands with soap and water or alcohol-based hand sanitizer regularly.

5. Avoid touching your face.

6. Cough into your sleeve or into tissues and dispose of them and wash your hands.

7. If you must be in a public space, wear a surgical mask (do not share your mask with others to avoid making them sick) and stay away from crowds.

8. **Call 811 for advice on where to seek healthcare** if your symptoms worsen and/or you experience any of the following:
   - Difficulty breathing
   - Chest pain
   - Palpitations or rapid heart rate
   - Confusion
   - Dizziness or faintness
   - Wheezing
   - Vomiting
   - Diarrhea
   - Coughing up phlegm and fever
   - For children: Irritability, working harder to breathe, breathing faster than normal, acting differently, low energy

9. **If your symptoms are severe, call 911.**

10. For additional information, refer to [What do I need to know about COVID-19 self-isolation? | Nova Scotia Health Authority (nshealth.ca)](http://nshealth.ca)