

# Are you 60+ or immunocompromised?

## What to do if you have COVID-19 symptoms:



**Step 1:** Keep **rapid tests at home** in case symptoms develop.

You can pick up rapid tests, or have them picked up for you, from one of these locations:

- » COVID Testing Centres
- » Public Health Mobile Units
- » Participating Public Libraries
- » MLA Offices
- » Access NS & Feed NS, for those using in-person services

[www.nshealth.ca/rapid-tests](http://www.nshealth.ca/rapid-tests)

**Step 2:** Get tested, even if you have just **one symptom** of COVID-19 or you think it's "just a cold". Book a PCR test OR take a rapid test. Call 811 or book online.

[www.nshealth.ca/coronavirustesting](http://www.nshealth.ca/coronavirustesting)

**Step 3:** Complete the **Report & Support** form when you have a positive rapid test or book a PCR to be assessed for medications that reduce the risk of severe COVID-19 illness.

**Complete by phone: 1-833-797-7772**

**Complete online: [c19hc.nshealth.ca/self-report](http://c19hc.nshealth.ca/self-report)**

[www.nshealth.ca/reportandsupport](http://www.nshealth.ca/reportandsupport)

## Common COVID-19 Symptoms

- » Cough (new or worsening/exacerbation of chronic cough)
- » Fever (chills, sweats)
- » Shortness of breath or difficulty breathing
- » Loss or change in sense of smell or taste
- » Sore throat
- » Runny nose/nasal congestion/excessive sneezing
- » Headache
- » Extreme fatigue/tiredness
- » Nausea, diarrhea or vomiting