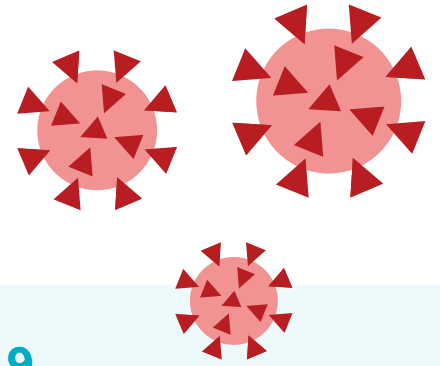


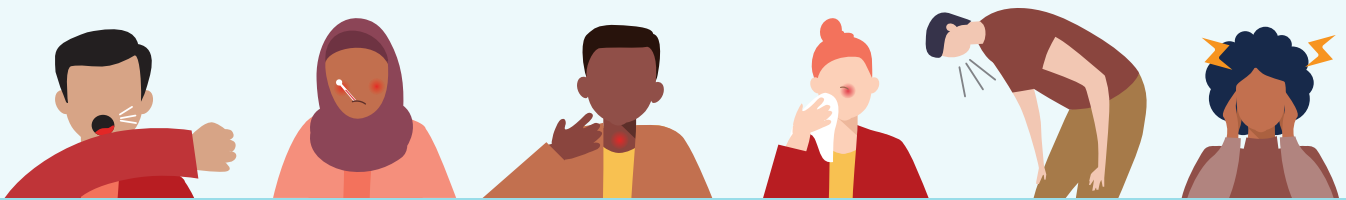
What is COVID-19?

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 or no symptoms.



Common signs of COVID-19

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, or nausea/diarrhea/vomiting.



If you have symptoms of COVID-19, Public Health encourages you to get tested immediately because you may be eligible for COVID-19 medication.

Stay home until you feel better.

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 crowded indoor public spaces where social distancing cannot be maintained.



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