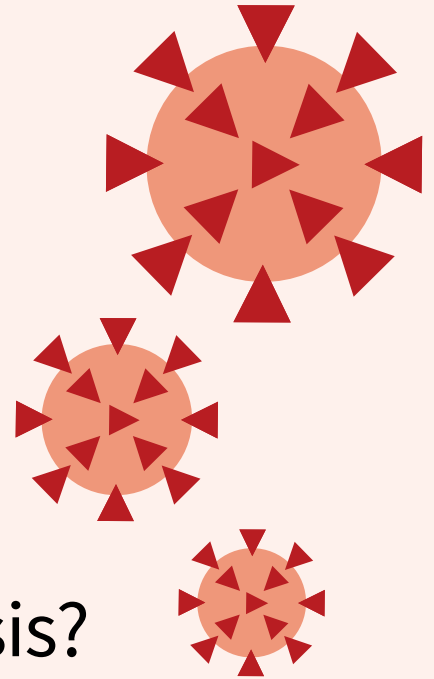


Has it been 3 months or more

since your confirmed or
suspected **COVID-19** diagnosis?



- ? Are you experiencing ongoing symptoms?
- ? Are you a Nova Scotia resident over age 16?

If you have answered **'YES'** to these questions, we encourage you to complete our ***Post COVID Symptom Survey***.

This information will be used to determine the appropriate level of support you need from our Post COVID Navigation services.



MyCOVIDRecoveryNS.ca

is a resource to help support and guide you through your recovery. It offers relevant, trusted information on common symptoms, advice for managing these symptoms, and where to go for more support.

HELPING YOU NAVIGATE YOUR COVID RECOVERY