

# Help Keep Nova Scotia Healthy

Nova Scotians are facing a challenging respiratory season, including COVID-19, flu and RSV cases. We need everyone's help to get through this tough time.

Thank you for doing your part. We're all in this together.



If you're sick, stay home until you're feeling better. If you can't stay home, please wear a mask when you're out.



Remember to get your COVID-19 and influenza vaccines. Both are important to protect you, your loved ones and your community. These vaccines are safe and the most effective way to prevent the spread of respiratory illnesses.



Consider wearing a mask if you're spending time with people at higher risk for severe illness, or visiting higher risk locations.



Wash your hands often and practice cough hygiene.

Updated December 13, 2022

For information visit: [nshealth.ca/protecting-myself-and-others](https://nshealth.ca/protecting-myself-and-others)

