

Are you 60+ or immunocompromised?

What to do if you have COVID-19 symptoms:



Step 1: Get tested, even if you have just **one symptom** of COVID-19 or you think it's "just a cold". Book an appointment for a PCR test or to pick up rapid tests.

Call 1-833-797-7772 or book online.

www.nshealth.ca/coronavirustesting



Step 2: 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

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