LIVING WITH COVID-19

What do I need to know?

Public Health continues to have recommendations for how Nova Scotians can limit the spread of the virus and ensure higher-risk people and places are protected.

I have symptoms

✓ Stay home if you feel sick.

✓ Avoid high-risk people and places until you feel better.

✓ If you are not able to stay home, wear a well-fitting mask when in indoor public places even with mild symptoms.

✓ Testing is available for all Nova Scotians with symptoms. Book a COVID-19 test at **nshealth.ca/visit-covid-19-testing-site**.

✓ Testing is recommended for people at higher risk of severe disease, and people who live and work in higher-risk group living settings.

! **Testing is only recommended for people who have symptoms of COVID-19.**

I've tested positive

✓ If you feel sick, stay home until symptoms are improving and you do not have a fever.

✓ For **7 days** after symptoms begin, or from the day you test positive (if no symptoms):
  – Avoid higher risk people and places.
  – If you are not able to stay home, wear a well-fitting mask in indoor public places, public transit, and crowded spaces.

✓ Complete the Report and Support screening form at **c19hc.nshealth.ca/self-report**. This helps identify if a person may be at greater risk of serious illness and may be eligible for COVID-19 medication.

The following people, particularly if unvaccinated or vaccinated but not boosted, are **at higher risk of severe disease:**

- **Older adults (over 60 years)**
- **Pregnant persons**
- **Any age and living with:**
  – lung disease
  – heart disease
  – diabetes
  – kidney disease
  – liver disease

  – dementia
  – cancer
  – neurodevelopmental conditions (such as Down Syndrome)
  – sickle cell disease
  – neurological conditions (i.e. epilepsy, stroke)

  – immunocompromised including those taking medications which lower the immune system, such as chemotherapy
  – obesity (BMI equal to or greater than 30)

Places that are considered at higher risk include:

- **Long-term care facilities**
- **Senior congregate living facilities (i.e. retirement homes)**

- **Disability support programs, including residential care facilities**

- **Acute care settings (hospitals)**
- **Correctional facilities**
- **Shelters and transition homes**

When am I considered recovered?

Generally, you are considered "recovered" from COVID-19 **7 days** after your symptoms begin, or from the day you test positive (if no symptoms).

In the first **90 days (3 months)** after you've recovered from COVID-19, you may have some short-term post-infection immunity. However, your immunity decreases as time goes on so you may choose to get tested again if you develop symptoms near the end of the three months.

PCR testing is not recommended within 90 days (3 months) of recovery as it may continue to detect the old virus – instead, a rapid test is recommended. If you test positive, you should consider yourself reinfected and follow instructions at **nshealth.ca/i-have-tested-positive**.

? **If you have questions, please call 811 or visit nshealth.ca/coronavirus**

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nova scotia health