

Living with Respiratory Viruses

Nova Scotians need to remain cautious and maintain healthy habits to avoid the spread of respiratory illnesses. Even people who are fully vaccinated need to take precautions to help keep our communities healthy.



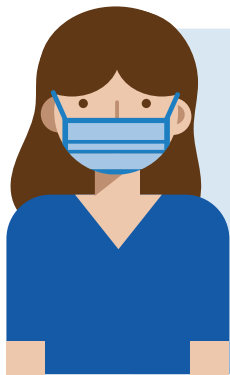
Get vaccinated

Vaccines reduce the likelihood of severe illness. When you get vaccinated, you also reduce the risk of passing on infections to people in your community. Be sure to stay up to date with all available vaccines, such as Influenza and COVID-19 vaccines, to keep yourself and your community healthy.



Stay home if you feel sick

If you feel sick, stay home until you no longer have symptoms. If you need to leave your home when you are symptomatic, wear a mask and avoid higher risk individuals.



Wear a mask

Wearing a mask when in crowded, indoor spaces is recommended, as it can help prevent the spread of respiratory viruses. You should also wear a mask if you are sick and around others. A mask helps stop droplets spreading when someone speaks, laughs, coughs, or sneezes, even if the person has no symptoms of being sick.



Protect higher risk people

Some people are at higher risk of severe illness than others due to reasons such as their health condition and age. Wearing a mask, not visiting when you feel sick, and keeping distance from people when you are out are all things you can do to protect these higher risk people.



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Watch for symptoms

If you've recently been around someone who has a respiratory illness, be mindful of how you are feeling and watch for symptoms. Symptoms can vary from person to person and in different age groups.



Maintain healthy habits

Maintaining good hygiene helps prevent the spread of respiratory illnesses. Wash your hands often or use hand sanitizer. Cough and sneeze into your elbow. Avoid sharing food, drinks and personal items such as water bottles, lip gloss, cigarettes, e-cigarettes, etc.



Cleaning

Clean and disinfect regularly. Focus on high-traffic areas and high-touch surfaces such as doorknobs, touch screen surfaces, shared items, etc.



Gather safely

Keeping a safe distance from people you don't regularly gather with can help to reduce the spread of respiratory illnesses. Gather outdoors when possible, or in indoor spaces with good ventilation.