

# Living with COVID-19

As restrictions start lifting, Nova Scotians need to stay cautious and maintain healthy habits to avoid the spread of COVID-19. Even people who are fully vaccinated need to take precautions to help keep our communities safe.



## Get vaccinated

Vaccines reduce the likelihood of severe illness. When you get vaccinated, you also reduce the risk of passing on COVID-19 to your community. You can book your vaccination appointment if you're 12 and older.



## Stay home if you feel sick

If you feel sick, stay home and watch for COVID-19 symptoms. If you have symptoms, you need to self-isolate and book a COVID-19 test. By getting tested, you help keep your community safe.



## Watch for symptoms

Watch for COVID-19 symptoms. Symptoms can vary from person to person and in different age groups. Symptoms may take up to 14 days to appear after exposure to COVID-19. If you have symptoms, you should stay home and book a COVID-19 test.



## Maintain healthy habits

Maintaining good hygiene helps prevent the spread of COVID-19. 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.



## Wear a mask

Wearing a non-medical mask can help prevent the spread of COVID-19 and other respiratory illnesses. A mask helps stop droplets spreading when someone speaks, laughs, coughs or sneezes (including someone who has COVID-19 but has no obvious symptoms). Even in places where a mask is not required, you should wear one if you're around other people indoors.



## 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

You don't need to keep physical distance from others, but it's still important to keep a safe distance from people you don't know while out and about. This helps reduce the spread of COVID-19 within the community.

### To help protect yourself and others:

- stay 2 metres (6 feet) away from people you don't know if you're in a crowded place
- keep your close social contacts consistent, as much as possible
- make informed choices about who and how to interact with each other (consider age, occupation and health conditions)
- make sure you follow gathering limits for informal gatherings
- gather outdoors when possible or in indoor spaces with good ventilation