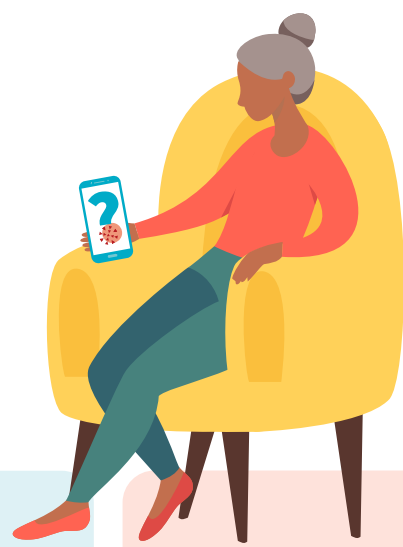


Respiratory Viruses are In YOUR Community

Here is what you need to know:



ALWAYS have rapid tests at home

Rapid tests are available around the province

- COVID Testing Centres
- Public Health Mobile Units
- Participating Public Libraries
- MLA Offices

www.nshealth.ca/rapid-tests

If you have even 1 respiratory illness symptom

Get tested, even if you think it's "just a cold" or if you had COVID before

- Use a rapid test OR
- Book a PCR test (Call 1-844-996-0694 or [book online](#))

www.nshealth.ca/coronavirustesting

If you test positive or book a PCR test complete the Report & Support form

to be assessed for time-sensitive medications that reduce the risk of severe respiratory illness

Complete online: c19hc.nshealth.ca/self-report OR

Complete by phone: 1-833-797-7772

www.nshealth.ca/reportandsupport

Respiratory Symptoms

- New tiredness
- New or worsening cough
- Fever (chills, sweats)
- New shortness of breath or difficulty breathing
- Change in smell or taste
- Sore throat
- Runny nose/stuffy nose/ sneezing
- Headache
- Nausea, diarrhea or vomiting