



BETHANY UNITED CHURCH

LIVING WITH COVID-19: A Staff & Volunteer Resource

Common symptoms include one or more of the following:

- 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

If you have symptoms of COVID-19, we recommend that you:

- Stay home if you're sick.
- Avoid higher risk settings and individuals until you are feeling better.
- If you are not able to stay home, wear a mask when in indoor public places, public transit, and crowded spaces.
- Testing is recommended for:
 - People and communities at higher risk of severe disease
 - People who live and work in higher risk group living settings (such as long-term care homes, shelters, group homes, correctional facilities)
 - Frontline health care workers
- Testing is available for all Nova Scotians who have symptoms.
- Most Nova Scotians qualify for rapid antigen testing, while those at increased risk of severe illness and certain occupations also qualify for PCR testing.
- Complete the online self assessment or call 811 to determine if you are eligible for a COVID-19 test (PCR or rapid antigen).
- You are encouraged to have a box of rapid tests on hand in case symptoms develop. Rapid tests are available in the community – find a pick-up location here.

Please note: Testing recommendations are based on whether you have symptoms of COVID-19, not if you have been exposed.

Resource: <https://www.nshealth.ca/> & <https://novascotia.ca/coronavirus/>

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If you do not have symptoms of COVID-19, we recommend that you:

If you do not have symptoms of COVID-19, it is no longer recommended that you test, even if you have been exposed or if there is a positive case in your household. You should monitor yourself and test if you begin to experience one or more of the symptoms listed under ‘What are common symptoms of COVID-19.’

Even if you do not have symptoms, it is recommended that you wear a well-fitted mask in crowded indoor settings. A space is considered crowded when you cannot consistently maintain distancing such as public transit, crowded venues, and some faith gatherings.

There are steps you can take to slow the spread. Learn more about how you can protect yourself and others - <https://www.nshealth.ca/protecting-myself-and-others>.

If you test positive for COVID-19, you should stay home while you have symptoms. You are no longer required to self-isolate.

For the 7 days from when symptoms began or from the date of the positive test (if no symptoms), all people who test positive should also:

- Avoid higher risk people and places (see “After I recover, when can I visit a higher risk person or setting?” below for details)
- Wear a well-fitting mask when in indoor public places, public transit, and crowded spaces.

Additional instructions:

- If you have not done so already, complete the Report and Support screening form at <https://c19hc.nshealth.ca/self-report> or call 1-833-797-7772 if you need help completing the form.
- Seek medical help if your symptoms get worse by calling 811 or 911.
- Those who work in high-risk settings should follow the direction of their organization’s Occupational Health, Safety and Wellness department.

Resource: <https://www.nshealth.ca/> & <https://novascotia.ca/coronavirus/>

A person with COVID-19 is generally considered infectious (can spread COVID-19 to others):

Beginning 48 hours (two days) before symptoms started or from the date of the positive test (if no symptoms)

Ending when you are considered recovered. Typically, this is:

- 7 full days after the start of symptoms or from the date of the positive test (if no symptoms)
- AND when symptoms have been improving for at least 24 hours (or 48 hours if you have gastrointestinal symptoms such as diarrhea or vomiting) and you don't have a fever.

You are considered recovered when you are no longer infectious for COVID-19. Typically, this is:

- 7 full days after the start of symptoms or from the date of the positive test (if no symptoms)
- AND symptoms have been improving for at least 24 hours (or 48 hours if you have gastrointestinal symptoms such as diarrhea or vomiting) and you don't have a fever

Some people may continue to have a lingering cough, particularly if they are prone to chronic cough. However, if they meet the criteria above, they are no longer considered infectious.

Living with COVID-19 - How to Protect Myself and Others

COVID-19 is still present in our communities, that's why it's important to continue to take steps to minimize the spread.

- Get Vaccinated
- Stay Home if You Feel Sick
- Be mindful of who is at higher risk of severe disease
- Be mindful of higher risk places
- Monitor for Symptoms and Get Tested
- Travel Safely
- Slow the Spread

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