

Testing & Isolation



Do you have symptoms of COVID-19?

Symptoms of COVID-19 include a new or worsening cough, or two or more of the following: fever (i.e. chills, sweats), shortness of breath, sore throat, runny nose/congestion, headache, nausea/vomiting/diarrhea.



Yes, I have symptoms

Someone in my household* has tested positive

- Self-isolate.
- Complete a COVID-19 test as soon as possible, and again 72 hours (3 days) after symptoms started.
- **If you do not complete testing**, you are required to isolate a full 7 days from the day your symptoms started.

You can stop isolating:

after you receive a negative **PCR test** result 72 hours after your first test AND you are feeling better.

OR

after you receive a total of 3 negative **rapid tests**: one taken immediately, one taken 72 hours (3 days) later, and one taken on day 5, AND you are feeling better.

I have been told I was exposed to COVID-19 (outside my household) OR I don't know if I've been exposed, but I have symptoms

- Self-isolate.
- Get tested as soon as possible.

You can stop isolating:

after you receive 1 negative **PCR test** result

OR

after you receive 2 negative **rapid test** results: one taken as soon as possible and the second taken 48 hours (2 days) later.

You are encouraged to stay home until your symptoms improve.



No, I don't have symptoms

Someone in my household* has tested positive

- No isolation is required.
- Testing is recommended as soon as possible and again 72 hours after the member of your household tested positive.
- If a **rapid test** is used at 72 hours (3 days), repeating the test 48 hours later (day 5) is encouraged.
- Monitor for symptoms.

I've been exposed to COVID-19 outside of my household but do not have symptoms

- No isolation or testing is recommended.
- Monitor for symptoms.

Note: If someone new in your household tests positive (and you are still testing negative), restart your testing from this date.

If you have recovered from COVID-19 in the past 90 days, you do not need to get tested.

*A household contact is anyone who lives in the home with someone who has tested positive for COVID-19 (positive case) while that person was infectious. This includes any guest(s) staying in the home overnight.

HELPFUL LINKS:

- **If you test positive** on a rapid or PCR test, visit [nshealth.ca/testedpositiveforcovid](https://www.nshealth.ca/testedpositiveforcovid) for more information (i.e. how long to self-isolate).
- **If symptoms develop**, isolate and book a test by completing the online assessment at covid-self-assessment.novascotia.ca/en or call 811 if you do not have access to the internet.