**Information About Testing for COVID-19**

**This chart will give you an idea of what to expect when you get your test results.**

Directions may be different for each person, based on their personal situation.

<table>
<thead>
<tr>
<th>Why you were tested</th>
<th>Test result</th>
<th>What’s next</th>
</tr>
</thead>
<tbody>
<tr>
<td>You had <strong>NO</strong> symptoms and got tested.</td>
<td><strong>NEGATIVE</strong></td>
<td><strong>Follow current advice</strong> on social distancing, mask wearing and hand hygiene.</td>
</tr>
<tr>
<td>You had <strong>ONE</strong> mild symptom, other than a fever or new or worsening cough, and still have <strong>ONE</strong> mild symptom.</td>
<td><strong>NEGATIVE</strong></td>
<td><strong>Follow current advice</strong> on social distancing, mask wearing and hand hygiene.</td>
</tr>
<tr>
<td>You had <strong>NO</strong> symptoms and got tested because you were at a potential exposure location named in a Public Health PSA.</td>
<td><strong>NEGATIVE</strong></td>
<td><strong>Follow current advice</strong> on social distancing, mask wearing and hand hygiene.</td>
</tr>
<tr>
<td>You travelled outside Nova Scotia.</td>
<td><strong>NEGATIVE</strong></td>
<td><strong>Continue to self-isolate</strong>, with everyone in the home where you are self-isolating, until 14 days from your return date.</td>
</tr>
<tr>
<td>You have <strong>NO</strong> symptoms and are a rotational worker coming home from your worksite outside Nova Scotia.</td>
<td><strong>NEGATIVE</strong></td>
<td><strong>You must complete 14 days of modified self-isolation</strong>, even with a negative test result.</td>
</tr>
<tr>
<td>You had contact with someone who tested positive.</td>
<td><strong>NEGATIVE</strong></td>
<td><strong>Continue to self-isolate</strong> until 14 days after your last contact with that person. Monitor your symptoms. Follow advice from Public Health.</td>
</tr>
<tr>
<td>You had symptoms, but now feel fine.</td>
<td><strong>NEGATIVE</strong></td>
<td><strong>Follow current advice</strong> on social distancing, mask wearing and hand hygiene.</td>
</tr>
<tr>
<td>You had symptoms, and still have symptoms.</td>
<td><strong>NEGATIVE</strong></td>
<td><strong>Continue to stay home to prevent spread of other viruses.</strong> Return to activities outside the home when feeling better with no fever and no symptoms or only mild lingering symptoms for 24 hours. Seek medical attention if needed. Consult 811 if symptoms continue.</td>
</tr>
<tr>
<td>You are a Nova Scotia Health or IWK health care worker.</td>
<td><strong>NEGATIVE</strong></td>
<td><strong>Contact occupational health</strong> at Nova Scotia Health or IWK to determine return to work.</td>
</tr>
<tr>
<td>You are a health care worker but <strong>DO NOT</strong> work for Nova Scotia Health or IWK.</td>
<td><strong>NEGATIVE</strong></td>
<td><strong>Contact your employer.</strong></td>
</tr>
<tr>
<td>Have been diagnosed with COVID-19 (except patients who have been admitted to hospital).</td>
<td><strong>POSITIVE</strong></td>
<td><em><em>Continue to isolate until you are recovered.</em> This is determined by follow-up with Public Health.</em>*</td>
</tr>
<tr>
<td>You are a Nova Scotia Health or IWK health care worker.</td>
<td><strong>POSITIVE</strong></td>
<td><strong>Contact occupational health</strong> at Nova Scotia Health or IWK to determine return to work.</td>
</tr>
<tr>
<td>You are a health care worker but <strong>DO NOT</strong> work for Nova Scotia Health or IWK.</td>
<td><strong>POSITIVE</strong></td>
<td><em><em>Continue to isolate until you are recovered.</em> This is determined by follow-up with Public Health.</em>*</td>
</tr>
</tbody>
</table>

Most people who **feel better** are able to **STOP** home isolation due to COVID-19:

- at least **10 days** after their first symptom
- **AND** they **DO NOT** have a fever

Public Health advises each person. These criteria **DO NOT** apply to hospitalized patients.

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**Recovered.** How Public Health defines it for people placed on home isolation.

For information visit: novascotia.ca/coronavirus

*Updated May 10, 2021*