What to expect when you test positive for COVID-19

Nova Scotia Health is here to support you

Adults (16+) who test positive for COVID-19 will be contacted by two different teams:

1. Public Health COVID Response Team
2. COVID Community Virtual Care Team

Each of these teams has an important job. The Public Health COVID Response Team gathers and provides information that helps prevent others from getting COVID-19, and answers your questions about self-isolation and other public health requirements. The COVID Community Virtual Care Team is focused on helping you manage your symptoms at home.

Public Health COVID Response Team supports people to self-isolate safely and prevent further spread of COVID-19

A public health nurse will call you to:

- tell you that you tested positive for COVID-19.
- assess where and when you may have been exposed to COVID-19, and how long you will be infectious.
- identify your contacts who may also be at risk of getting COVID-19.
- provide you with information about your self-isolation requirements and offer supports for safe and successful isolation.

The COVID Community Virtual Care Team supports people to manage their own COVID care at home

A team member will call you to:

- tell you that you have tested positive for COVID-19.
- give you information and tools to help monitor and manage your symptoms at home. They can send you a pulse oximeter. This is a device that measures the percentage of oxygen in your blood. They will also tell you how to use it.

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