I’ve been exposed to COVID-19, now what?

To prevent the spread of COVID-19, Public Health uses a process called contact tracing to identify and monitor people who have come in contact with a person with COVID-19. These people are more likely to become infected and spread the virus to others. **This is how it works:**

A person tests positive for Coronavirus Disease (COVID-19)

Even if you have received both doses of the COVID-19 vaccine you can still spread the virus to others.

A Public Health Nurse contacts the person to identify anyone who they had contact with beginning 48-hours before their symptoms started or 48-hours before the test was taken if they had no symptoms. A Public Health Nurse then does an assessment of each person someone with COVID-19 came into contact with. **Each assessment is sorted into a risk category. Public Health will follow up in different ways based on the risk category.**

<table>
<thead>
<tr>
<th>Vaccination status (on day of contact)</th>
<th>High Risk Contact</th>
<th>Moderate Risk Contact</th>
<th>Low Risk Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fully vaccinated 2 doses plus 14 days*</td>
<td>Unless you are fully vaccinated, Public Health will inform you that you are a high risk close contact, either with a public service announcement, letter or phone call. You had close contact with a person with COVID-19 <em>not using</em> Public Health measures. For example, spending long periods of time indoors in the same room without wearing a mask or physical distancing.</td>
<td>Public Health will inform you that you are a moderate risk contact, either with a public service announcement, letter or phone call. You may have had close contact with a person with COVID-19 <em>using some</em> public health measures. For example, socializing or dining without a mask, while physical distancing from someone with COVID-19.</td>
<td>Public Health only notifies low risk contacts through potential exposure notifications. You had short interactions with a person with COVID-19 <em>always using</em> Public Health measures. For example, shopping while wearing a mask and maintaining physical distancing.</td>
</tr>
<tr>
<td>Partially vaccinated 1 dose plus 14 days (or 21 days if 70 or older)</td>
<td>• <strong>You do not need to self-isolate as long as you are not experiencing any symptoms.</strong>  • Please get tested 72 hours following exposure.</td>
<td>• <strong>You do not need to self-isolate as long as you are not experiencing any symptoms.</strong>  • Please get tested 72 hours following exposure.</td>
<td>• <strong>You do not need to self-isolate as long as you are not experiencing any symptoms.</strong>  • Get tested by completing a COVID-19 Self-Assessment at <a href="https://covid-self-assessment.novascotia.ca/en">covid-self-assessment.novascotia.ca/en</a> or call 811.  • Monitor for symptoms of COVID-19.  • Follow current advice on physical distancing, mask wearing and hand hygiene.</td>
</tr>
<tr>
<td>Not vaccinated 0 doses (or 1 dose less than 14 days ago)</td>
<td>• <strong>Self-isolate immediately and get tested 72 hours following exposure.</strong>  • Get re-tested on day 6, 7 or 8 and day 12, 13 or 14 following the last exposure.  • Self-isolate for 14 days, regardless of whether you have symptoms, and regardless of test result.  • Public Health will follow up with you to provide additional directions.</td>
<td>• <strong>Get tested 72 hours following exposure. Self-isolate until you receive a negative test result.</strong>  • Arrange re-testing on day 6, 7 or 8 and day 12, 13 or 14 after exposure.</td>
<td></td>
</tr>
</tbody>
</table>

*If you have symptoms, you must self-isolate until you receive a negative test result.*

Your household is not required to isolate with you, as long as you can safely distance from them.

If you have not booked your vaccine appointment, please visit [novascotia.ca/coronavirus/book-your-vaccination-appointment](https://novascotia.ca/coronavirus/book-your-vaccination-appointment) or call 1-833-797-7772.

*If you received the Janssen (Johnson & Johnson) vaccine, which is a one-dose series vaccine, this is considered fully vaccinated.*
COVID-19 INFORMATION:

How to self-isolate

Self-isolation means staying home and avoiding contact with other people to help prevent the spread of the virus.

You are required to self-isolate if:

- You have been advised by 811 or Public Health to self-isolate.
- You have symptoms and are waiting for your COVID-19 test results.
- You have tested positive for COVID-19.
- You have been told by Public Health that you may have been exposed and need to self-isolate, even if you have tested negative for COVID-19.
- You have travelled outside Atlantic Canada and are not fully vaccinated.

More information on self-isolation is available at novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate.

Do

- Stay home (you can go on your deck or balcony or in your yard, but you need to avoid contact with other people)
- Use a separate bedroom and bathroom, if you can
- Have groceries and other supplies delivered
- Limit contact with people you live with as much as possible

Do not

- Do not have visitors to your home
- Do not use public transit or taxis
- Do not go to work, school or other public areas
- Do not be in any shared spaces with older adults, or with people who have chronic conditions or a compromised immune system

If you have or develop symptoms of COVID-19

You must self-isolate pending your test result. If negative, you can stop isolating. If positive, or if you have been identified as a close contact, Public Health will provide further direction.

If you do not have symptoms of COVID-19

Unless you are an international traveller, you may leave your home for one outdoor outing per day for exercise during your self-isolation period. This outing must be within walking/running distance of your home, for a maximum of one hour. If you are going outdoors, you must follow the guidelines linked here. This includes keeping your distance from other people.

Important Note: Regardless of vaccination status, household members of an individual who is self-isolating do not have to isolate as long as the individual can maintain separation away from the rest of the household. If this cannot be achieved, the entire household must isolate.

If you or your family are experiencing stress related to COVID-19 and need further support call the Mental Health Crisis Line — 1-888-429-8167.