Regardless of the COVID-19 Notification Type or your vaccination status, we recommend that you self-monitor for symptoms of COVID-19 for 14 days from the exposure.

**Symptoms include a new or worsening cough, or two or more of the following: fever (chills, sweats), shortness of breath, sore throat, runny nose/nasal congestion, or headache.**

Anyone who develops symptoms is required to self-isolate, book a PCR COVID-19 test, and stay isolated until you receive a negative test result.

Book a PCR COVID-19 test online or call 811.

---

**COVID-19 Notification Type: PRECAUTION**

There has been a potential exposure of minimal risk to the public.

- Fully vaccinated*
- Not fully vaccinated*

**COVID-19 Notification Type: EXPOSURE**

You had close contact with a person with COVID-19.

- Fully vaccinated*
- Not fully vaccinated*

---

**Public Health recommends:**

- **Fully vaccinated***
  - You book a PCR COVID-19 test at least 3 days (72 hours) after the exposure even if you do not have symptoms.
  - You do not need to self-isolate unless you develop symptoms.

- **Not fully vaccinated***
  - You have not completed your COVID-19 vaccine series at least 14 days before your exposure.
  - You have not had a recent positive PCR COVID-19 test within 12 weeks (3 months) of the exposure date.
  - You are required to self-isolate if you have symptoms, or not.

  - Book your first PCR COVID-19 test immediately.
  - Book your second PCR COVID-19 test 6 or 7 days after the exposure. You can stop isolating after 7 full days only if this test is negative and you have no symptoms. Avoid contact with immunocompromised people (i.e. nursing homes) for at least 14 days.
  - If you choose not to be tested on Day 6 or 7, you must self-isolate for a full 14 days from your most recent exposure.
  - Booking a third PCR COVID-19 test is recommended on Day 14 after your exposure.

---

**What is my vaccination status?**

* Fully vaccinated (or had a recent COVID-19 infection)
  - You received the final dose of your COVID-19 vaccine series at least 14 days before your exposure.
  - You have had a positive PCR COVID-19 test within 12 weeks (3 months) of the exposure date.

In Nova Scotia, the following COVID-19 vaccine series are accepted:
- 2 doses of AstraZeneca or COVISHIELD / 2 doses of Moderna / 2 doses of Pfizer
- 2 doses of a combination of COVID-19 vaccines (AstraZeneca, COVISHIELD, Moderna and Pfizer)
- 1 dose of Janssen (Johnson & Johnson)
- Complete series of a COVID-19 vaccine authorized by the World Health Organization

**Not fully vaccinated (or no recent COVID-19 infection)**
- You have not completed your COVID-19 vaccine series at least 14 days before your exposure. This includes those with only one vaccine dose or no vaccine dose.
- You have not had a recent positive PCR COVID-19 test within 12 weeks (3 months) of the exposure date.