I tested positive for COVID-19. Now what?

Self-isolate right away and follow these guidelines:

- Stay home (you can go on your deck or balcony or in your yard, but you need to avoid contact with other people).
- Stay away from people you live with as much as possible.
- If you cannot avoid contact with people in a living space, wear a mask and disinfect surfaces often.
- Don’t share food or drinks.
- Wash your hands regularly.
- You may leave your home for one hour per day for outdoor exercise within walking/running distance of your home or place where you are isolating. If you are going outdoors, you must follow all public health measures such as keeping your distance from others.

Complete the Report & Support screening form as soon as possible

If you have tested positive for COVID-19 (PCR test or rapid), please complete our Report and Support screening form at c19hc.nshealth.ca/self-report. If you are eligible for PCR testing, you can complete the form as soon as you book your PCR appointment, in case you test positive.

Why is Nova Scotia Health collecting this information?

This information will help Public Health and the health system:
- assess and manage cases where a person may be at greater risk of serious illness.
- identify as early as possible, people who are eligible for and may benefit from COVID therapeutics (medication) to reduce the risk of hospitalization.

How long do I have to self-isolate (stay away from others)?

- If you test positive for COVID-19, you must self-isolate for 7 full days. Your isolation begins on the date your symptoms started, or the date of your positive test (if you have no symptoms).
- You can leave isolation on day 8, as long as your symptoms are improving AND you have not had a fever for 24 hours.
- For the immediate three months (90 days) after you are considered recovered, you may continue to test positive for COVID-19. Testing is not recommended. If you develop symptoms in these 3 months, self-isolate until symptoms have improved (with no fever for at least 24 hours).

If you have questions, please call 811.

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Find more information on nshealth.ca/coronavirus