

**Nova Scotia Health is here to support you**

# What to expect when you test positive for COVID-19



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

## 1. COVID Community Virtual Care Team

## 2. Public Health COVID Response Team

Each of these teams has an important job. The COVID Community Virtual Care Team is focused on helping you manage your symptoms at home. 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.

*Updated June 15, 2021*



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

A health care provider will call you to:

- tell you that you have tested positive for COVID-19
- ask you questions about how you are feeling and any symptoms you may have such as shortness of breath, cough, fever
- 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.
- give you a phone number to call if your symptoms get worse to speak to a doctor
- help connect you with other supports you may need to manage your COVID 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:

- 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