

I have been identified as a close contact, now what?



Your vaccination status will determine your next steps (fully vaccinated or not fully vaccinated).

All close contacts should self-monitor for symptoms of COVID-19. Symptoms include a new or worsening cough, or two or more of the following: fever (i.e. chills, sweats), shortness of breath, sore throat, runny nose/nasal congestion, or headache.

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

Please note: The guidance provided below applies to close contacts who can fully isolate away from the positive individual (if in their household). If you need or choose to isolate with a positive household member, read this important information instead: nshealth.ca/household-close-contact.

VACCINATION STATUS ON DAY OF EXPOSURE:

✓ If you are fully vaccinated or are 11 years and under, follow the instructions below:

I have symptoms: ✓

- Self-isolate immediately.
- Complete a COVID-19 test immediately and again at least 72 hours after the last exposure.

You can only stop isolating if:

A PCR test collected immediately and another PCR test collected at least 72 hours after your last exposure is negative and you are feeling better (fever has resolved and other symptoms are improving).

or

A rapid test collected immediately, a second test collected at least 72 hours after your last exposure and a third rapid test completed 48 hours after that (on day 5), are all negative and you are feeling better.

- **If you do not complete testing, you are required to isolate a full 7 days from the day your symptoms started.**

I do not have any symptoms: ✗

- Complete a COVID-19 test at least 72 hours after the last exposure.
- Until you get your first negative test result (PCR or rapid), you may attend work, school or childcare while you await your test results (i.e. work-isolate). If able, work from home as much as possible. **Reminder:** If someone you live with has COVID-19, your testing requirements are different. Visit nshealth.ca/household-close-contact for details.
- Other than going to school, work or childcare, stay home and do not attend other activities until you have received a negative test result.
- If using rapid tests, complete a second 48 hours after the initial test.
- If symptoms develop, you must fully self-isolate and get re-tested.
- **If you do not complete testing, you are required to isolate a full 7 days from the last day you were exposed.**

✗ If you are not fully vaccinated and are 12 years and older, follow the instructions below:

I have symptoms: ✓

- Self-isolate immediately for 7 full days from the last exposure.
- Complete a COVID-19 test immediately and then again 6-7 days after the last exposure.

You can only stop isolating the morning of the 8th day after your last exposure if:

A PCR test collected 6 or 7 days after your last exposure is negative and you are feeling better.

or

A rapid test collected at least 6 days after the last exposure and a second rapid test collected 48 hours later are both negative, and you are feeling better.

- **If you do not complete testing, you are required to isolate a full 10 days from the day your symptoms started.**

I do not have any symptoms: ✗

- Self-isolate immediately for 7 full days from the last exposure.
- Complete a COVID-19 test at least 72 hours after the last exposure and then again 6-7 days later.

You can only stop isolating the morning of the 8th day after your last exposure if:

A PCR test collected 6 or 7 days after your last exposure is negative.

or

A rapid test completed at least 6 days after your last exposure and a second rapid test collected 48 hours later are both negative.

- **If you do not complete testing, you are required to isolate a full 10 days from the last day you were exposed.**



If you test positive on a rapid or PCR test, you are considered a confirmed case of COVID-19. Follow these instructions for people who have tested positive for COVID-19 on what actions are needed (i.e. how long to self-isolate and which contacts to notify): nshealth.ca/testedpositiveforcovid. To book a COVID-19 test complete the online assessment at covid-self-assessment.novascotia.ca/en or call 811 if you do not have access to the internet.

If you have recovered from COVID-19 in the past 90 days, please visit nshealth.ca/information-covid-19-close-contacts for direction.

How do I know if I'm fully or not fully vaccinated

Updated Jan. 17, 2022

In Nova Scotia, you are considered fully vaccinated 14 days after you have any of the following COVID-19 vaccines:

- 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
- If moderately to severely immunocompromised, you have received three vaccine doses. Please visit novascotia.ca/CoronaVirus/immunocompromised/ to determine your immunocompromised status.

Not fully vaccinated is defined as not meeting the criteria above of fully vaccinated.