Someone in my household tested positive for COVID-19, now what?

A household close contact is anyone who lives in the home with someone who has tested positive for COVID-19 (positive case), while that person was infectious. This includes any guest(s) staying in the home overnight.

Do you have symptoms of COVID-19?

Consider limiting contact as much as possible with the person who has tested positive, especially if someone in your household is at greater risk for severe disease.

No, I do not have any symptoms.

Self-isolate immediately.

Complete a COVID-19 test immediately and again at least 72 hours later.

If you are using rapid tests, test again 48 hours later (day 5).

You can only stop isolating if:

- You get a negative test result (PCR or rapid) taken at least 72 hours after the household member tested positive.
- You still don’t have symptoms.

Yes, I have symptoms.

Self-isolate immediately.

Complete a COVID-19 test immediately and again at least 72 hours later.

You can only stop isolating if:

- You get a negative PCR test taken at least 72 hours after the household member tested positive.
- You are feeling better.

or

- You get a negative rapid test taken at least 72 hours after the household member tested positive.
- You get another negative rapid test taken 48 hours later (day 5).
- You are feeling better.

Symptoms of COVID-19 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.

If someone else in your household tests positive, your isolation and testing instructions as a close contact start over again based on the test date of the household member to test positive most recently.

If you have recovered from COVID-19 in the past 90 days, you do not need to test, and do not need to isolate unless you have symptoms.

If you do not complete testing, you are required to isolate a full 7 days after the last household member tested positive, or if you develop symptoms, from the date the symptoms started.

Helpful links:

- If you test positive on a rapid or PCR test, visit nshealth.ca/testedpositiveforcovid for more information (i.e., how long to self-isolate and which contacts to notify).
- If you have recovered from COVID-19 in the past 90 days, visit nshealth.ca/information-covid-19-close-contacts for direction.
- If symptoms develop, isolate and book a test by completing the online assessment at covid-self-assessment.novascotia.ca/en or call 811 if you do not have access to the internet.

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