

Testing & Isolation



Do you have symptoms of COVID-19?

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/congestion, headache, nausea/vomiting/diarrhea.



Yes, I have symptoms

Someone in my household* has tested positive

- Self-isolate.
- Complete a COVID-19 test as soon as possible, and again 72 hours (3 days) after symptoms started.
- **If you do not complete testing**, you are required to isolate a full 7 days from the day your symptoms started.

I have been told I was exposed to COVID-19 (outside my household) OR I don't know if I've been exposed, but I have symptoms

- Self-isolate.
- Get tested as soon as possible.

You can stop isolating:

after you receive a negative **PCR test** result 72 hours after your first test AND you are feeling better.

OR

after you receive a total of 3 negative **rapid tests**: one taken immediately, one taken 72 hours (3 days) later, and one taken on day 5, AND you are feeling better.

You can stop isolating:

after you receive 1 negative **PCR test** result
OR
after you receive 2 negative **rapid test** results: one taken as soon as possible and the second taken 48 hours (2 days) later.
You are encouraged to stay home until your symptoms improve.



No, I don't have symptoms

Someone in my household* has tested positive

- No isolation is required.
- Testing is recommended as soon as possible and again 72 hours after the member of your household tested positive.
- If a **rapid test** is used at 72 hours (3 days), repeating the test 48 hours later (day 5) is encouraged.
- Monitor for symptoms.

I've been exposed to COVID-19 outside of my household but do not have symptoms

- No isolation or testing is recommended.
- Monitor for symptoms.

Note: If someone new in your household tests positive (and you are still testing negative), restart your testing from this date.

In the first 90 days (3 months) after you've recovered from COVID-19, you may have some short-term post-infection immunity. During this time, additional testing is usually not recommended. However, with the Omicron variant, immunity is thought to decrease as time goes on. You may choose to take a rapid test, particularly if you develop new symptoms near the end of the three months. If you test positive, you should consider this a new case and self-isolate for 7 days. If the test is negative, a second rapid test is recommended 48 hours later. If both tests are negative, or you choose not to test, stay home until symptoms are improving.

PCR testing is not recommended within three months of recovery as it may continue to detect the old virus.

*A household 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.

HELPFUL LINKS:

- **If you test positive** on a rapid or PCR test, visit [nshealth.ca/testedpositiveforcovid](https://www.nshealth.ca/testedpositiveforcovid) for more information (i.e. how long to self-isolate).
- **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.