



# 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](https://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.
- 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.**

**? If you have questions, please call 811.**

Updated May 9, 2022