I have been identified as a close contact to someone __outside my household__, now what?

Do you have symptoms of COVID-19?

✗ No, I do not have any symptoms.

Complete a COVID-19 test at least 72 hours after the last exposure and monitor for symptoms.

Stay at home except to go to school, work or childcare (modified isolation) until you get your first negative test result (PCR or rapid).

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

✓ Yes, I have symptoms.

Self-isolate immediately.

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

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.

You can only stop isolating if:

You get a negative **PCR test** taken at least 72 hours after your last exposure.
and
You are feeling better.

or

You get a negative **rapid test** taken at least 72 hours after your last exposure.
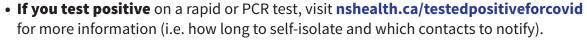*and*
You get another negative rapid test taken 48 hours later (day 5).
and
You are feeling better.

If you do not complete testing, you are required to isolate a full 7 days from the last day you were exposed, 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.

nova scotia health

Updated February 1, 2022