



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.
and
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.

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 the household member tested positive.

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 someone else in your household tests positive, your isolation and testing instructions start over again based on when the latest household member tested positive.

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](https://www.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](https://www.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.

