

I have been identified as a close contact, now what?



Your vaccination status will determine your next steps (fully vaccinated or not fully vaccinated).

All close contacts should self-monitor for symptoms of COVID-19. Symptoms 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.

Anyone who develops symptoms is required to self-isolate, book a **COVID-19 test**, and stay isolated until you receive a negative test result.

Please note: The guidance provided below applies to close contacts who can fully isolate away from the positive individual (if in their household). If you need or choose to isolate with a positive household member, read this important information instead: [nshealth.ca/household-close-contact](https://www.nshealth.ca/household-close-contact).

VACCINATION STATUS ON DAY OF EXPOSURE:

✓ If you are fully vaccinated or are 11 years and under, follow the instructions below:

I have symptoms: ✓

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

You can only stop isolating if:

A PCR test collected at least 72 hours after your last exposure is negative and you are feeling better (fever has resolved and other symptoms are improving).

or

A rapid test collected at least 72 hours after your last exposure, and a second rapid test collected 24 to 48 hours after your first, are both negative and you are feeling better.

- **If you do not complete testing, you are required to isolate a full 7 days from the day your symptoms started.**

I do not have any symptoms: ✗

- Complete a COVID-19 test at least 72 hours after the last exposure.
- Until you get your first negative test result, you may attend work, school or childcare while you await your test results (i.e. work-isolate). If able, work from home as much as possible.
- Stay home and do not attend other activities until you have received a negative test result.
- If using rapid tests, complete a second 48 hours after the initial test.
- If symptoms develop, you must fully self-isolate and get re-tested.

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

✗ If you are not fully vaccinated and are 12 years and older, follow the instructions below:

I have symptoms: ✓

- Self-isolate immediately for 7 full days from the last exposure.
- Complete a COVID-19 test immediately and then again 6-7 days after the last exposure.

You can only stop isolating the morning of the 8th day after your last exposure if:

A PCR test collected 6 or 7 days after your last exposure is negative and you are feeling better.

or

A rapid test collected at least 6 days after the last exposure and a second rapid test collected 48 hours later are both negative, and you are feeling better.

- **If you do not complete testing, you are required to isolate a full 10 days from the day your symptoms started.**

I do not have any symptoms: ✗

- Self-isolate immediately for 7 full days from the last exposure.
- Complete a COVID-19 test at least 72 hours after the last exposure and then again 6-7 days later.

You can only stop isolating the morning of the 8th day after your last exposure if:

A PCR test collected 6 or 7 days after your last exposure is negative.

or

A rapid test completed at least 6 days after your last exposure and a second rapid test collected 48 hours later are both negative.

- **If you do not complete testing, you are required to isolate a full 10 days from the last day you were exposed.**



If you test positive on a rapid or PCR test, you are considered a confirmed case of COVID-19.

Follow these instructions for people who have tested positive for COVID-19 on what actions are needed (i.e. how long to self-isolate and which contacts to notify): [nshealth.ca/testedpositiveforcovid](https://www.nshealth.ca/testedpositiveforcovid).

To book a COVID-19 test complete the online assessment at covid-self-assessment.novascotia.ca/en or call 811 if you do not have access to the internet.

How do I know if I'm fully or not fully vaccinated

Updated Jan. 9, 2022

In Nova Scotia, you are considered fully vaccinated 14 days after you have any of the following COVID-19 vaccines:

- 2 doses of AstraZeneca or COVISHIELD / 2 doses of Moderna / 2 doses of Pfizer
- 2 doses of a combination of COVID-19 vaccines (AstraZeneca, COVISHIELD, Moderna and Pfizer)
- 1 dose of Janssen (Johnson & Johnson)
- complete series of a COVID-19 vaccine authorized by the World Health Organization
- If moderately to severely immunocompromised, you have received three vaccine doses. Please visit [novascotia.ca/CoronaVirus/immunocompromised/](https://www.novascotia.ca/CoronaVirus/immunocompromised/) to determine your immunocompromised status.

Not fully vaccinated is defined as not meeting the criteria above of fully vaccinated.