

## 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 the household member tested positive.

*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](https://covid-self-assessment.novascotia.ca/en) or call 811 if you do not have access to the internet.