

New COVID-19 isolation and testing requirements for close contacts.

Nova Scotia Public Health has recently updated the isolation and testing requirements for close contacts of a person who has tested positive for COVID-19.

Below are key changes to the isolation and testing requirements if you are a close contact. We have attached two infographics with more information on what you need to do if you are a close contact.

Someone you live with tested positive for COVID-19

If you are a close contact of someone who has tested positive and you were living with them when they developed symptoms or tested positive, you and everyone else in the household now needs to isolate and get tested. This is required even if the person who tested positive isolates away from the rest of the household.

Because of this, each time a new person tests positive, everyone else in the household must restart their testing and isolation again from the date when the newest positive case did their test.

Learn more about what to do if you are a household close contact:

http://policy.nshealth.ca/Site_Published/covid19/document_render.aspx?documentRender.IdType=6&documentRender.GenericField=&documentRender.Id=92625

Someone you don't live with tested positive for COVID-19

If you are a close contact of someone who has tested positive and you don't live with them, you should stay home except when you need to go to school, work or childcare. You no longer need an immediate test to do this. You still need testing to resume your normal routine.

Learn more about what to do if you are a non-household close contact:

http://policy.nshealth.ca/Site_Published/covid19/document_render.aspx?documentRender.IdType=6&documentRender.GenericField=&documentRender.Id=90374

If you have recovered from COVID-19

Please note that these isolation and testing requirements do not apply to someone who had already tested positive and is still within 90 days of their recovery. However, if you develop symptoms during this period after recovery, you should still stay home because you are sick with something (such as a cold or flu) and should avoid spreading it to others.

More detailed information for close contacts is available on the Nova Scotia Health Authority website:

<https://www.nshealth.ca/information-covid-19-close-contacts>