

I have been at an exposure location, now what?



COVID-19 Notification Type:

PRECAUTION

There has been a potential exposure of minimal risk to the public.

Fully vaccinated*

Not fully vaccinated*

Public Health recommends:

- You book a **PCR** COVID-19 test at least 3 days (72 hours) **after** the exposure even if you do not have symptoms.
- You do **not** need to **self-isolate** unless you develop symptoms.



COVID-19 Notification Type:

EXPOSURE

You had close contact with a person with COVID-19.

Fully vaccinated*

Not fully vaccinated*

You are required to self-isolate if you have symptoms, or not.

- Self-isolate right away.
- Book a **PCR** COVID-19 test at least 3 days (72 hours) **after** the exposure even if you do not have symptoms.
- Continue to **self-isolate** until you receive a negative test result.

You are required to self-isolate if you have symptoms, or not.

- Book your first **PCR** COVID-19 test immediately.
- Book your second **PCR** COVID-19 test 6 or 7 days after the exposure. *You can stop isolating after 7 full days only if this test is negative and you have no symptoms. Avoid contact with immunocompromised people (i.e. nursing homes) for at least 14 days.*
- If you choose not to be tested on Day 6 or 7, you must **self-isolate** for a full 14 days from your most recent exposure.
- Booking a third **PCR** COVID-19 test is recommended on Day 14 after your exposure.

Regardless of the *COVID-19 Notification Type* or your vaccination status, we recommend that you self-monitor for symptoms of COVID-19 for 14 days from the exposure.

Symptoms include a new or worsening cough, or two or more of the following: fever (chills, sweats), shortness of breath, sore throat, runny nose/nasal congestion, or headache.

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

Book a PCR COVID-19 test **online** or call 811.



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What is my vaccination status?

* Fully vaccinated (or had a recent COVID-19 infection)

- You received the final dose of your COVID-19 vaccine series at least 14 days before your exposure.
- You have had a positive PCR COVID-19 test within 12 weeks (3 months) of the exposure date.

In Nova Scotia, the following COVID-19 vaccine series are accepted:

- 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

** Not fully vaccinated (or no recent COVID-19 infection)

- You have **not** completed your COVID-19 vaccine series at least 14 days before your exposure. This includes those with only one vaccine dose or no vaccine dose.
- You have **not** had a recent positive PCR COVID-19 test within 12 weeks (3 months) of the exposure date.