

When to Consider Testing

The following information is taken from novascotia.ca and outlines symptoms and both the facts and process for testing, including how you might book a test online. If you are still unsure about whether you require testing after reviewing this document, you may visit our diocesan website to find a CoronaVirus self-checker tool (offered through the CDC).

<https://www.nspeidiocese.ca/pages/covid-19-in-the-diocese-of-nova-scotia-and-prince-edward-island--183>

Thank you for working together at keeping us all safe.

Symptoms

Watch for symptoms. Symptoms can vary from person to person and in different age groups. Symptoms may take up to 14 days to appear after exposure to COVID-19. Some of the more common symptoms include:

- cough (new or worsening)
- fever (chills, sweats)
- headache
- runny nose or nasal congestion
- sore throat
- shortness of breath or difficulty breathing

The severity of COVID-19 symptoms can range from mild to severe, and in some cases, can lead to death. Current information suggests most people don't experience severe illness or need to be hospitalized.

What to do if you experience symptoms

Complete a [COVID-19 Self-assessment](#) if in the past 48 hours you have had, or you are currently experiencing:

- cough (new or worsening)

OR

- 2 or more of the following symptoms:
 - fever (chills, sweats)
 - headache
 - runny nose or nasal congestion
 - sore throat
 - shortness of breath or difficulty breathing

If you have tested positive for COVID-19 or are experiencing sudden or worsening shortness of breath or difficulty breathing and need emergency medical care, call 911 (ambulance fees are waived if you need to be transported to the hospital) or go directly to the nearest emergency department.

Testing

You need to get tested for COVID-19 if:

- you have COVID-19 symptoms

- Public Health determines you're a close contact of a confirmed COVID-19 case and need to get tested
- you were at a [potential exposure site](#) and Public Health advises that you need to get tested immediately
- you're scheduled for a medical procedure at a hospital and need a test before your appointment
- you're a [rotational worker](#) and are not fully vaccinated
- you're a [specialized worker](#) and are not fully vaccinated
- you're not fully vaccinated and want to stop self-isolating after travel from another Canadian province or territory (you need 2 negative tests results in order to leave self-isolation after 7 days)

Additional testing recommendations

If you don't have COVID-19 symptoms, you should get tested for COVID-19 if:

- you're [self-isolating after travel](#) on day 1 or 2 of your self-isolation (if you're still in Nova Scotia, you should get tested again on day 6 or 7)
- you're [exempt from self-isolation](#) on day 1 or 2 of travelling into or returning to Nova Scotia (if you're still in Nova Scotia, you should get tested again on day 6 or 7 and day 12, 13 or 14)

Learn more: [additional testing information and ways to get tested](#).

Airport testing for travellers

If you're flying into Nova Scotia, you can also get a [COVID-19 test kit at the Halifax and Sydney airports](#).

Book a COVID-19 test

You can [book a COVID-19 test](#). Or you can call 811 if you're unable to book a test online (or to speak with a nurse).

Testing for travel

If you need a negative test to travel outside Nova Scotia, you need to book a COVID-19 test with a private company like [PRAXES](#) or [Switch Health](#).