

What happens after a person recovers from COVID-19?

If you've had a confirmed case of COVID-19 and are now post-infectious (recovered), the following questions and answers may be helpful.

How does someone know when they're post-infectious (or recovered)?

If you have had a confirmed case of COVID-19 and are no longer infectious, Public Health will provide you with a letter to confirm that you are post-infectious (recovered). Receiving this letter means you can stop self-isolating and return to your normal activities.

Should I continue to be tested for COVID-19 after I am recovered?

Re-testing after a confirmed COVID-19 infection is not recommended for three months (12 weeks) after a person's post-infectious (or recovery) date. Testing within the three months should only be performed if the person develops new symptoms, or as directed by Public Health as part of a high-risk exposure or outbreak investigation. After three months have passed, regular testing is encouraged.

Can a workplace require that someone who has had COVID-19 provide proof of a negative test result?

Public Health does **not** recommend re-testing recovered cases for work-related purposes.

Do people who are post-infectious (recovered) have to follow the same public health measures as other Nova Scotians?

Yes. Current research suggests that most people who have recovered from a COVID-19 infection will have some immunity to protect against future infection. However, it is unclear exactly how long this immune response lasts. Because of the uncertainty around immunity, people who are post-infectious (recovered) are required to continue to follow the current Public Health recommendations (for example: physical distancing from others and wearing a mask in public settings).

Are there any travel restrictions for people who are recovered from COVID-19 and are entering (or re-entering) Nova Scotia?

Self-isolation requirements in Nova Scotia are now based on vaccination status.

If you were fully vaccinated at least 14 days before arriving, you do not need to isolate. Once 12 weeks have passed since you recovered, you should start getting tested regularly, as is the advice for all Nova Scotians.

If you had one dose at least 14 days before arriving, you became infected with COVID-19 in Canada, and you have a letter from the public health unit in this country stating that you recovered as of a certain date, you must isolate for 7 days but you do not need to get tested to end your isolation once it is complete.

If you have not been vaccinated, you must isolate for 14 days.

When can a person who is post-infectious (recovered) get their vaccine?

As soon as a person is confirmed by Public Health to be post-infectious, they can book their vaccine appointment.