

COVID-19 PROTOCOLS

What to do if you feel ill?

- Stay home
- Notify your instructors (students) or manager (employee)
- Monitor your symptoms carefully and complete the online assessment at covid-self-assessment.novascotia.ca/en or call 811
- Get tested (rapid antigen test) twice with 48 hours between both tests

If both results are **negative**, you may return to campus once you feel well and no longer experience symptoms.

If a test result is **positive**:

- Self-isolate right away to prevent further spread
- Notify Public Health of your positive rapid test by emailing PublicHealthPOCT@nshealth.ca including your name and contact information
- Email OHS@nscad.ca (Note: this mailbox is only monitored by Human Resources)
- You will be contacted and will be asked about your whereabouts over the last 5 days
- Notify your close contacts
- Stay home for 7 full days (10 days for those immunocompromised)
- Return to campus only after completion of the isolation period and once you feel well and are no longer experiencing symptoms
- Seek medical help if your symptoms get worse by calling 811 or 911

What to do if you are a close contact?

- Self-isolate right away to prevent further spread
- Get tested (rapid antigen test) 72 hours after the close contact exposure and a second one 48 hours later
- Carefully watch for symptoms
- If both tests are negative and you are without symptoms, you can return to campus
- If you live with a person who has tested positive, you must isolate with them for the duration of their isolation

What is a close contact?

A close contact is anyone who has been exposed to someone who has tested positive for COVID-19 while that person was infectious. Exposed means any of the following: you were within six feet of the person for at least 15 minutes while indoors; the person coughed or sneezed near you; you care for the person at home; or the person touched, hugged or kissed you.

This can be a challenging experience, if you need support, please contact belong@nscad.ca (students) or humanresources@nscad.ca (employees).

By emailing OHS@nscad.ca, NSCAD will take care of notifying instructors and classmates, while protecting confidentiality. Please do not directly contact your instructors and/or other university employees.

