Testing

Who should get tested for COVID-19?
Everyone should get tested for COVID-19 regularly, even if you don't feel sick. It's one of the layers of protection we need to we live safely with covid, just like wearing masks, washing hands, and physical distancing.

What does symptomatic versus asymptomatic testing mean?
Symptomatic means you feel sick or have symptoms. Asymptomatic means you don't feel sick or have symptoms. Either way, you may or may not have the virus. People who are asymptomatic and have the virus can spread it to other people.

Most infected people show symptoms within five to six days. The time between infection and the onset of symptoms can range from one to 14 days.

What is the purpose of testing people who don't have symptoms?
The purpose is to detect positive cases in people who do not have symptoms before the virus spreads widely. People should make it part of their routine to get tested, even if you don't think you need to.

What should you do if you think you have COVID-19 symptoms?
You need to get tested if you think you have symptoms. Follow the directions in the online self-assessment and book a test. Only call 811 if you can't do the assessment online.

What should you do if you only have mild symptoms?
You should still get tested. Even if you only have a tickle at the back of your throat or a runny nose, don't assume it's just a cold. Get tested to be sure it is not COVID-19. Follow the directions in the online self-assessment and book a test. Only call 811 if you can't do the assessment online.

Do people have to self-isolate if they are getting tested?
Generally, people with symptoms have to isolate and people without symptoms do no have to isolate while they wait for their test and results. But it depends on your situation. You should review self-isolation requirements to make sure you know what is required for your situation.

If you only have one of the following symptoms, you do not need to isolate while you wait for your test and results:
- shortness of breath
- sore throat
- runny nose/nasal congestion
- headache

If I test negative, does that mean I don't have so self-isolate after travel?
No. Self-isolation is still required if you come from outside Nova Scotia or PEI and you don't have an exemption from the self-isolation requirement.

How often should people get tested?
How often you get tested depends on how much you're in contact with other people. If you have a lot of

social interactions or are around a lot of people at work, you should get test more frequently. People who have less contact with others should still get tested but less frequently.

What does a negative test result mean?
A negative test result is not definitive but it is a good indication that a person is not likely carrying and transmitting the virus unknowingly on the day of the test. A person could test positive the next day, though. People who receive a negative test result must continue to follow public health measures and if they develop symptoms, immediately self-isolate and book a test.

Where can I get tested?
- There are primary assessment centres around the province. Appointments are required for these sites and can be booked online. Only call 811 if you can't book online.

- In addition, there are pop-up sites in different locations around the province. Because they use rapid tests, the age limit is 16 and over at these sites. Only people with no symptoms can use pop-up sites. See locations on the NSHA's website.

How does the testing process work? When do you get results? What do you do if your results haven't arrived?
Check the NSHA website for more information about how COVID-19 testing works.

I haven't received my test result. What should I do?
Testing is managed by the Nova Scotia Health Authority. If you've been waiting more than 3 full days for your test result, you can call Public Health at 1-844-996-0694 and leave a voicemail. You will need to say and spell out your full name and leave your health card number, date of birth, and phone number.

Please only leave one voicemail, otherwise it creates greater delays in responding. Please keep your phone on at all times and answer calls, even if you don't recognize the number.

If you've been waiting more than 4 full days for your test result, you can send an email to covidtesting@nshealth.ca with your full name, health card number, date of birth, and phone number.

ASYMPTOMATIC TESTING BY PRAXES FOR ESSENTIAL TRAVEL

What kind of testing is available for essential travel purposes?
PRAXES offers COVID-19 testing for people who do not have symptoms and require a negative test result for essential travel. Essential travel does **not** include vacations or traveling for business that can be done virtually. See the PRAXES website for more information.

How do I book an asymptomatic test for essential travel purposes?
You can submit a request to PRAXES. Your request will be reviewed by a clinical team. If you are eligible, you will receive a link to book an appointment online within 24 hours.

Can I do the COVID-19 self-assessment to get an asymptomatic test? Can I call 811 to get this test?
No, you submit your request to PRAXES.

How much does it cost?
The test costs $250 plus HST for individual tests. It costs less for groups if the test samples are obtained in one place by one PRAXES health professional. Payment is required at the time of booking an appointment. This fee is in line with other Canadian provinces.

Where can I get a test?
Testing is available at the PRAXES location in Dartmouth and will be available in other areas across Nova Scotia at a later date.

How long does it take? When will I get my results?
You should contact PRAXES at least 5 days before your travel date. You can expect to receive your test result 36 to 60 hours after your test, although this is subject to volumes being processed by the Nova Scotia Health Authority lab.

How will I get my results?
PRAXES will email you a copy of your lab report that can be printed for proof of testing.

Can I get tested so that I don't have to complete my self-isolation in Nova Scotia?
No, a COVID-19 test does not eliminate the self-isolation requirement for people coming into Nova Scotia from outside Atlantic Canada.

Will you offer antibodies testing as required by China? Can you give results in 48 hours?
We do not provide serological testing to detect antibodies at this time. PRAXES cannot guarantee test results within 48 hours.