Test to Protect – Schools and Child Care Settings

These measures are designed to slow the spread of COVID-19

Every day: Follow core public health measures

If your child develops the following symptoms and has not recently recovered from COVID-19:

New or worsening cough

or

Two of:

- Fever
- Shortness of breath
- Sore throat
- Runny nose
- Headache

Isolate and Test

Use a home rapid test backtoschool.ednet.ns.ca/kidcovidtest
You can also make an appointment to pick up a rapid test at https://www.nshealth.ca/coronavirustesting

OR

You may choose to schedule a PCR test nshealth.ca/coronavirustesting if your child has any of the following conditions:

History of prematurity < 29 weeks, chronic lung disease (including chronic lung disease of prematurity), Cystic Fibrosis, severe asthma, Downs Syndrome, Motor Neuron Disease, Multiple Sclerosis, Myasthenia Gravis or Obesity

Positive Rapid Home Test or Positive PCR Test

Your child has tested positive for COVID-19.
Refer to www.nshealth.ca/testedpositiveforcovid for more information.

Negative Rapid Home Test

Keep child at home, continue to monitor symptoms and repeat the test in 48 hours. If the second test is negative, they may return to school/ childcare if symptoms are resolved or improving, and there is no fever for 24 hours. Call 811 if symptoms continue.

Negative PCR Test

Return if they are feeling better with no fever and only mild symptoms for 24 hours.

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OR

Only one mild symptom other than cough

Stay home if unwell and use a home rapid test if you have one. Return to school/childcare when feeling better and no fever for 24 hours. For new or worsening symptoms, see above.

backtoschool.ednet.ns.ca/kidcovidtest

Positive Rapid Home Test or Positive PCR Test

Your child has tested positive for COVID-19. Refer to nshealth.ca/testedpositiveforcovid for more information.

Negative Rapid Home Test

Your child can go to school / child care when feeling better and no fever for 24 hours. However, your child must do another test 48 hours after the first one.

What if my child has been told they are a close contact?

Information for COVID-19 close contacts is found at www.nshealth.ca/closecontactchild

If your child recently recovered from COVID-19, please stay home until symptoms are resolved or improving. Public Health does not recommend testing for individuals recovered within the past 90 days.

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