

Do you feel ill?

- **Stay home**
- Notify your instructors (students) or manager (employees)
- 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 your test result is **positive**

- Self-isolate right away to prevent further spread
- **Do not access any NSCAD campus**
- Email OHS@nscad.ca (Note: this mailbox is only monitored by Human Resources)
- Notify your close contacts
- **Stay home for 7 full days** (10 days for those immune-compromised) until you are completely symptom-free OR you have a negative test result
- Seek medical help if your symptoms get worse - call 811 or 911