



What are your responsibilities as a member of the chorus if you've tested positive, have Covid-19 symptoms, have been exposed to someone who has tested positive, or are recovering from Covid-19? **When is it ok for you to return to chorus in-person events?**

The answers to these questions can be complex and dependent on your situation. A few of the most common questions are outlined below. Please choose the one that best reflects your question or situation. The information below has been taken from the NS Health website and reflects requirements of the ScotianAires which may exceed those of the province.

If you would like additional information, links have been provided to the NS Health website that provides the detailed information you need to make informed decisions to keep yourself and others as safe as possible. The main website can found at:
<https://www.nshealth.ca/coronavirus>

The Covid Task Force has reviewed the most common situations that might arise and assessed if we need to do or ask more of our members, to ensure we keep everyone as safe as possible, recognizing that we cannot create a risk-free environment. There are no guarantees and so it's important for everyone to have the same understanding of what is expected of members when dealing with Covid, and what that means for attending in-person chorus events. Please feel free to discuss with any member of the chorus Covid Task Force.

A. I have tested positive for Covid-19, when can I return to chorus?

You can return to chorus on or after the 8th day following the start of your isolation, when you no longer have symptoms or your symptoms are improving, and you have not had a fever for at least 24 hours.

<https://www.nshealth.ca/i-have-tested-positive>

B. I have been exposed but do not have symptoms.

Being exposed to COVID-19 means:

- You were within six feet of the person for at least 15 minutes while indoors
- The person coughed or sneezed on you.
- The person touched, hugged or kissed you.
- You care for the person at home.

While masks provide an additional layer of protection, you would be considered exposed in any of the above situations, even if masked.

When you can return to chorus, depends on whether you have been exposed in your household, or outside of your household. Please see the following questions for further guidance.

C. There is a positive case in my household*, but I do not have symptoms. Can I come to chorus?

Yes, you can come to chorus if you are feeling well (no Covid-19 symptoms) and have received a negative rapid or PCR test result on the day of the chorus in-person event.

<https://www.nshealth.ca/i-have-been-exposed-covid-19-do-not-have-symptoms>

**A household contact is anyone who lives in the home with someone who has tested positive for COVID-19 (positive case) while that person was infectious. This includes any guest(s) staying in the home overnight*

D. I've been exposed to COVID-19 outside of my household* but do not have symptoms. Can I come to chorus?

Yes, you can come to chorus if you are feeling well (no Covid-19 symptoms). A rapid test (negative result) is encouraged.

<https://www.nshealth.ca/i-have-been-exposed-covid-19-do-not-have-symptoms>

E. I have Covid-19 symptoms. Can I come to chorus?

Even if you think it might be the seasonal flu, allergies, or the common cold, if you have Covid-19 symptoms, do not come to chorus unless you have followed the NS Health guidance for testing.

<https://www.nshealth.ca/i-have-covid-19-symptoms>

F. I have Covid-19 symptoms and there's a positive case in my household* Can I come to chorus?

No you cannot come to chorus if you have Covid-19 symptoms. Please get tested and see the answers to other questions to determine when you can return to chorus based on testing results.

<https://www.nshealth.ca/i-have-covid-19-symptoms>

G. A reminder of symptoms of COVID-19

Nova Scotians who have symptoms of COVID-19 must complete testing. Common symptoms include a new or worsening cough or **two or more** of these symptoms:

- fever (chills or sweats)
- sore throat
- runny nose
- shortness of breath (difficulty breathing)
- headache
- nausea/vomiting/diarrhea