

Self-isolation requirements in Nova Scotia

Revised October 4, 2021

DOMESTIC TRAVELERS

Self-isolation requirements are based on vaccination status and testing for anyone traveling from Canadian provinces and territories outside Nova Scotia. This includes Nova Scotia residents returning to the province. Isolation requirements are as follows:

- People who are fully vaccinated do not have to self-isolate but testing is still recommended.
- People who are not fully vaccinated must self-isolate for at least 7 days and cannot leave isolation until they get 2 negative tests results.

Fully vaccinated means you had two doses of a World Health Organization approved vaccine (or 1 dose of Janssen) at least 14 days before arriving in Nova Scotia. If you received your second dose of vaccine less than 14 days before arriving in Nova Scotia, it does not count toward your vaccination status.

Children 18 and younger must follow the isolation requirements for the least vaccinated adult they are traveling with. If the child is more vaccinated than the adult they are traveling with, they should isolate based on their own vaccination status. Children 16 and older can have their own form using the vaccination information of the least vaccinated adult they are traveling with. Younger children should be included on the same form of the least vaccinated adult they are traveling with.

Testing for the purposes of ending isolation earlier than 14 days must be done in Nova Scotia, not in advance of arrival. It cannot be a rapid test. It must be a standard PCR lab test which usually takes up to 72 hours to get results. Tests should be on day 1 or 2 and on day 6 or 7. Book a test appointment at: covid-self-assessment.novascotia.ca/en

Anyone who is not fully vaccinated 14 days before they arrive will receive daily check-in emails that they must answer, confirming they are isolating. Once you have completed your isolation requirements, you can unsubscribe from the daily check-in emails via the link in the email.

INTERNATIONAL TRAVELERS

All international travelers who are permitted to enter Canada can also enter Nova Scotia and must follow the federal requirements:

- International travelers who were fully vaccinated at least 14 days before arriving in Canada do not have to quarantine. They must still meet other federal requirements including pre- and on-arrival testing. Vaccines must be approved for use in Canada.
- All other international travelers must quarantine at their point of entry until they have received a negative test result. Then they can come to Nova Scotia where they complete the remainder of their 14-day quarantine. The federal government requires a second negative test result to stop isolating after 14 days.

Questions about federal requirements should be directed to the federal government.

More information is available at travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#vaccinated

Any international travelers who are exempt from federal quarantine or who completed their 14 days of quarantine outside Atlantic Canada are considered domestic travelers and must follow Nova Scotia's requirements for people coming from a province or territory outside Atlantic Canada.

HOW TO SELF-ISOLATE

Self-isolation in Nova Scotia means the following:

- Go directly to your destination where you will stay for the duration of your self-isolation period.
- People should avoid taking public transportation (like a taxi, bus or shuttle) if possible. If you don't have symptoms and need to take public transportation to get your self-isolation location, you must wear a mask and keep a physical distance of 2 metres/6 feet from others, as much as you can. Do not take public transportation if you have COVID-19 symptoms.
- Isolate in a place that is separate from others who did not travel with you. If you need to share a bathroom with others in the household, clean high-touch surfaces between each use.
- Do not have visitors during your self-isolation period.
- Make plans to have groceries and other supplies delivered to you.

- People who are self-isolating after travel within Canada can leave their property if necessary for outdoor exercise and fresh air. You can only leave for 1 hour/day and only go within walk/running distance of the place where you are isolating. You must stay 2 metres/6 feet apart from other people and wear a mask through any common areas of your accommodations.
- Even if you don't have symptoms, testing is strongly recommended at the beginning and end of your isolation. Two negative test results are required to end isolation after 7 days if you were not fully vaccinated least 14 days before arriving. You can leave your property for this testing. Book a test at covid-self-assessment.novascotia.ca/en. If you cannot book the appointment online, you can call 811.

During your self-isolation period, you can expect the following:

- Domestic travelers may receive regular phone calls, texts or emails on behalf of the Nova Scotia Department of Health and Wellness at the number or the email you provided on your Nova Scotia Safe Check-in form.
- You must complete required daily check-ins. Failure to do so could result in a fine.
- If you don't see daily check-in emails in your inbox, check your spam/junk folder or check other email accounts. The email is sent to the address you entered in your Nova Scotia Safe Check-in form. Click the link in the email to complete the check-in. Do not click the unsubscribe link unless you have completed your isolation requirements.
- If the law enforcement agency determines you are not self-isolating, you could face a penalty of up to \$2,000 for a first offence, or up to \$10,000 and/ or imprisonment of up to one year for subsequent offences.
- Note that if you are exempt from self-isolation (for example, you indicated in your Safe Check-in form that you are fully vaccinated), then you will not receive daily check-in emails.
- Questions about what international travelers should expect during their quarantine should be directed to the federal government. More information is available at travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinatedtravellers-entering-canada#vaccinated

Booked accommodations (hotel, cottage/house rental, RV campgrounds):

- Do not enter common areas or shared rental spaces – this includes campground washrooms, showers, or anywhere the public may be present.
- Notify house cleaning staff to deliver toiletries, cleaning supplies and linens without entering the room/house.

- If available, place the 'Do not disturb' sign on your door.
- For information on cleaning your surroundings, visit novascotia.ca/coronavirus/staying-healthy/#clean
- If anyone becomes unwell during isolation, they must book a COVID-19 test at covid-self-assessment.novascotia.ca/en. If you cannot book the appointment online, you can call 811.

EXEMPT TRAVELERS

The following exempt travelers coming from outside Nova Scotia must complete the Nova Scotia Safe Check-in form:

- People engaged in a legal proceeding in Nova Scotia
- People traveling for essential health services and their accompanying support people
- Certain workers who must enter Nova Scotia to carry out their work duties:
 - workers in the trade and transportation sector who are employed in the movement of goods and people across the Nova Scotia border by land, air, or water, including truck drivers, crew, maintenance and operational workers on any plane, train or ship
 - Canadian Military and Defence Team personnel, Coast Guard, RCMP, Canadian Border Services Agency, and Canadian Security Intelligence Service
 - first responders, including police, fire, EHS paramedics, and other essential healthcare workers

Exempt travelers who are not fully vaccinated must meet numerous conditions to maintain their exemption, such as having no unnecessary contact with others while they are traveling in Nova Scotia or in other jurisdictions. In most cases, family members who are traveling with exempt travelers are not exempt and must enter as regular travelers.

When exempt travelers who are not fully vaccinated return home to Nova Scotia, they can go to work or school but must take precautions such as avoiding close contact with other people for 14 days.

Regular testing is strongly recommended for all exempt travelers, especially when they enter or return to Nova Scotia.

Please review the COVID-19 Protocol for Exempt Travelers at novascotia.ca/coronavirus/docs/COVID-19-Protocol-for-exempt-travellers-en.pdf for more details.