1.0 Introduction

This protocol is for people who live in Nova Scotia or New Brunswick and must frequently travel between Nova Scotia and New Brunswick or between Nova Scotia and Prince Edward Island. While most of our self-isolation requirements and exemptions/exceptions apply generally to travel from New Brunswick and from Prince Edward Island, we recognize that many people need to travel between Nova Scotia and New Brunswick and between Nova Scotia and Prince Edward Island on a regular basis. This protocol aims to balance that need with measures to prevent the spread of COVID-19.

Everyone must follow the Public Health Order issued by the Chief Medical Officer of Health. It requires people traveling from outside Nova Scotia to complete the Nova Scotia Safe Check-in form and self-isolate for 14 days upon arrival in Nova Scotia, unless they have an exemption under the Public Health Order or an exception granted for a specific purpose.

This guidance in this document is based on the latest available scientific evidence about this emerging disease and may change as new information becomes available. The Public Health Agency of Canada posts regular updates and related documents.

2.0 Exemptions for self-isolation

There are some exemptions to the self-isolation requirement in the Public Health Order to address scenarios that are specific to travel between Nova Scotia and New Brunswick and to travel between Nova Scotia and Prince Edward Island.

People traveling for the reasons outlined in Section 2.1 and 2.2 do not need to complete the Nova Scotia Safe Check-in form. However, they should be able to demonstrate to border officials that they are exempt from this requirement and that they will follow the travel protocol in this document. People who travel frequently across the Nova Scotia-New Brunswick land border can request a chit from border officials to display in their vehicle.
2.1 Exemption for workers and students

Many people must travel between Nova Scotia and New Brunswick or between Nova Scotia and Prince Edward Island on a regular and ongoing basis to work or to attend a school or post-secondary institution. Some live in one province but use child care services in the other. They are exempt from the requirement to self-isolate if they closely follow the travel protocol in this document.

2.2 Travel for veterinary services

People sometimes need to seek specialty veterinary services in a neighbouring province, particularly from the Atlantic Veterinary College in Prince Edward Island. Licensed veterinarians and registered veterinary technicians (RVT) also sometimes need to travel to neighbouring provinces to care for animals. When these people need to travel between Nova Scotia and New Brunswick or between Nova Scotia and Prince Edward Island to access or to provide essential veterinary services, they are exempt from the requirement to self-isolate if they closely follow the travel protocol in this document.

2.3 Travel protocol

In addition to following Public Health requirements in either province, whether they are going to New Brunswick or Prince Edward Island, or coming into Nova Scotia, travelers must:

• drive directly to and from the destination (such as a workplace or school)
• only use contactless services (i.e. gas and drive-thrus for food/banking)
• if staying overnight is necessary, they must isolate in their overnight accommodation
• wear a non-medical mask in any indoor public space other than their overnight accommodation
• have no close contact with anyone, except as required by the nature of their work or studies

When they return to Nova Scotia, travelers need to:

• minimize close contact with other people for 14 days (or the entire time if they are in Nova Scotia for less than 14 days)
• book up to three COVID-19 tests when they return - see section 3.1 below
• wear a non-medical mask in any indoor public space or when they are around other people in a private place outside of their home/accommodation
• avoid non-essential visits outside their home/accommodation
• avoid large gatherings
• monitor their health closely and if they start to feel sick, self-isolate and book a COVID-19 test or call 811 if they can’t book the test online.
3.0 Testing

3.1 Testing when you do not have symptoms

People who have travelled to New Brunswick or Prince Edward Island are encouraged to get tested up to three times when they return Nova Scotia, even if they show no signs of illness. The first test should be on day 1 or 2. If they are still in the province, they should get tested again on day 6, 7 or 8 and on day 12, 13 or 14. There is no cost for testing and it is voluntary. A negative test result does not give 100% certainty that a person does not have COVID-19. However, testing is recommended as an added layer of protection because a negative result is a good indication that the person is not likely carrying and transmitting the virus unknowingly.

3.2 Testing when you have symptoms

Anyone who has symptoms of COVID-19 must complete the online assessment, book a COVID-19 test, and follow the isolation directions provided. Even if you only have one mild symptom, you need to get tested. People who have one mild symptom, other than fever or new or worsening cough, do not have to isolate while waiting for their test and results.

3.3 Booking a test

People can book an asymptomatic COVID-19 test online. Choose the asymptomatic option. Do not call 811 to book a test unless you cannot book it online.

4.0 Resources

Nova Scotia coronavirus website: novascotia.ca/coronavirus/
Guidance for the use of non-medical masks: novascotia.ca/coronavirus/masks/
Handwashing poster: novascotia.ca/coronavirus/docs/Hand-Washing-Poster.pdf
Nova Scotia Health Authority Public Health Offices: nshealth.ca/public-health-offices
Government of Canada information line: 1-833-784-4397 (toll-free)