

COVID-19 Protocol for Nova Scotia-New Brunswick Travel

Under the Authority of the Chief Medical Officer of Health

1.0 Introduction

This protocol is for people who live in Nova Scotia or New Brunswick and must frequently travel between these two provinces.

While most of our [self-isolation requirements and exemptions/exceptions](#) apply generally to travel from New Brunswick, we recognize that many people who live in Nova Scotia and New Brunswick must travel regularly between these provinces, primarily across the land border. 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, Prince Edward Island and Newfoundland and Labrador 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.

2.1 Exemption for workers and students

Many people who live in Nova Scotia or New Brunswick must travel between these two provinces on a regular and ongoing basis to work or to attend a school or post-secondary institution. They are exempt from the requirement to self-isolate if they closely follow the travel protocol in this document.

These people 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 land border can request a chit from border officials to display in their vehicle.

2.2 Exemption for occasional necessary travel

Sometimes people who live in either Nova Scotia or New Brunswick must occasionally travel between these two provinces to do a necessary drop off/pick of people or items or to accomplish work, school or other tasks that are necessary and cannot be accomplished virtually. In these cases, people are exempt from self-isolation in Nova Scotia if they closely follow the travel protocol in this document.

They do not need to complete the Nova Scotia Safe Check-in, however, they should be prepared to demonstrate to border officials that they are exempt from this requirement and that they will 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 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 a person they are dropping off or picking up

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 between Nova Scotia and New Brunswick 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 [hyperlink COVID-19 test to <https://covid-self-assessment.novascotia.ca/en>], 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)