



RETURNING UNIVERSITY STUDENTS

Whether it's your first year in Nova Scotia or you are a returning student – welcome! The COVID-19 pandemic means campuses and communities will look different this year. Here are a few things that will help you save time while protecting yourself, your friends and your community.



NOVA SCOTIA SAFE CHECK-IN FORM

All students coming to Nova Scotia from outside Atlantic Canada must complete the Nova Scotia Safe Check-in online form before arriving.

Once students submit the form, they will receive an email with next steps to take as required under the public health order.

Note: Emails may go to a junk mail folder.

To access the Nova Scotia Safe Check-in form, visit: novascotia.ca/coronavirus/travel



REQUIRED 14 DAY SELF-ISOLATION

All students coming to Nova Scotia from outside Atlantic Canada must self-isolate for 14 days when they arrive.

This means students must go straight to their destination in Nova Scotia and stay there for 14 days. No visitors are allowed during this time. Rules may vary, depending on living situations:

- If staying in a house, students can go outside but cannot leave the property.
- If staying in an apartment, students cannot leave the apartment – they can go on a private balcony if there is one.
- If staying in a residence room, students must follow their institution's rules.
- If students are sharing accommodations with other people, they must self-isolate away from them and use a separate room and bathroom if possible. Clean shared spaces (like kitchens) and high-touch surfaces frequently and don't share personal items (like electronics, towels or clothing). Anyone who does not need to self-isolate should monitor their health closely.

Students who are self-isolating off campus should arrange to have groceries and essential items delivered to them. Students self-isolating on campus will have these items delivered to their room.

COMPLIANCE CHECKS AND ENFORCEMENT

While students are self-isolating, they will also need to complete a digital check in each day of their isolation period. After students have completed the Nova Scotia Safe Check-in form prior to entering the province, they will be registered to receive email links to complete the daily check-in. Students will simply need to click the link and answer the questions in the online daily check-in. If students don't check in daily, the university or college will be notified, and they'll try to help them comply with the check in.

Note: Parents/guardians travelling with students must also self-isolate while they are in Nova Scotia.

For more information on self-isolation, visit: novascotia.ca/coronavirus/when-to-seek-help



REQUIRED COVID-19 TESTING

All students entering Nova Scotia from outside Atlantic Canada must get tested for COVID-19 during their self-isolation period.

After students complete the Nova Scotia Safe Check-in form, they will receive an email from the Nova Scotia Health Authority (NSHA) about their COVID-19 test appointments and the location for them. Please refer to NSHA's handout for more information on test appointments and results.

If students do not receive an email from NSHA with their testing appointments, they can contact their institution for help with getting appointments.

Safely Forward

Public Health Measures for everyone



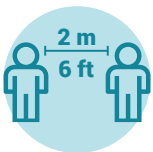
- Stay informed and follow public health advice.

Visit: novascotia.ca/coronavirus and follow

@NSGov on social:   



- Wash your hands often, avoid touching your face, and practise cough and sneeze etiquette



- Maintain physical distancing while in public



- Stay home and away from others if you feel unwell



- Wear a non-medical mask when you are out in public. Masks are mandatory in most indoor public places and on transit in Nova Scotia



- Avoid large gatherings, crowded spaces and close contact settings