Requirements for entering Nova Scotia

Only the following people are allowed to enter Nova Scotia effective April 22:

- permanent residents of Nova Scotia who are returning home
- people who live in Nova Scotia but their primary employment is in another province
- people who need to participate in-person in a legal proceeding in another province
- post-secondary students coming to study in Nova Scotia
- post-secondary students returning to their primary or family residence in Nova Scotia and parents who accompany them
- parents picking up a student in Nova Scotia to take them home as quickly as possible
- people who already have a new permanent address in Nova Scotia as of April 21 and are moving here permanently
- people following the child custody protocol
- people following the exempt traveler protocol
- people following the NS NB travel protocol for work, school or other tasks that are necessary and cannot be done virtually
- rotational, specialized and federal approved temporary foreign workers

Isolation requirements

- Go directly to your destination where you will self-isolate for 14 days.
- 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 should 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.
• If you are one of the following, you can follow a strict cleaning protocol for a shared bathroom, and otherwise remain in a completely separate space from the rest of the household (see more information on our website):
  - people who live in Nova Scotia but their primary employment is in another province
  - people who need to participate in-person in a legal proceeding in another province
  - post-secondary students coming to study in Nova Scotia
  - post-secondary students returning to their primary or family residence in Nova Scotia and parents who accompany them
  - parents picking up a student in Nova Scotia to take them home as quickly as possible
If this cannot be accomplished, everyone living in the household must also self-isolate for 14 days or the traveler must find another place to isolate.

• If you are one of the following, you must self-isolate in a completely separate space from the rest of the household, with your own bathroom and no shared living spaces with the rest of the household (see more information on our website):
  - permanent residents of Nova Scotia who traveled for non-essential reasons
  - people who already have a new permanent address in Nova Scotia as of April 21 and are moving here permanently
If this cannot be accomplished, everyone living in the household must also self-isolate for 14 days or the traveler must find another place to isolate.

• 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.
• People who traveled internationally cannot leave their property under the federal Quarantine Act.

• Even if you don’t have symptoms, testing is strongly recommended on day 1 or 2 and on day 12, 13 or 14 of your isolation. You can leave your property for this testing. Book a test at https://covid-self-assessment.novascotia.ca/en. If you cannot book the appointment online, you can call 811.

**During your 14-day self-isolation period, you can expect the following:**

• You 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.

• If you do not answer your phone after three attempts, a law enforcement agency will visit the address you provided to confirm you are self-isolating.

• If the law enforcement agency determines you are not self-isolating, you could face a penalty of up to $1,000 for a first offence, or up to $10,000 and/or imprisonment of up to one year for subsequent offences.

**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 https://novascotia.ca/coronavirus/staying-healthy/#clean

Exempt travelers

- The following exempt travelers coming from outside Nova Scotia, PEI and Newfoundland and Labrador 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 or training required for their jobs:
  - 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 and EHS paramedic workers
- Exempt travelers 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.
- When exempt travelers 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. Testing is strongly recommended on day 1–2, day 6–8 and day 12–14. Please review the COVID-19 Protocol for Exempt Travelers at https://novascotia.ca/coronavirus/docs/COVID-19-Protocol-for-exempt-travellers-en.pdf for more details.