Travelers arriving in Nova Scotia from outside Atlantic Canada must follow self-isolation requirements for 14 days

To meet self-isolation requirements, you must:

- Go directly to your destination.
- Do not take a bus to reach your destination. If possible, do not take a taxi.
- Your destination can be with family/friends or a booked accommodation.
- Stay at your destination for 14 days, or for the duration of your stay if it is less than 14 days.
- You can go outside on the property of your destination, but you cannot leave the property except for necessary health care and as part of your departure.
- Avoid close contact (within 2M/6 ft) with people, including those who you may be staying with, except for anyone self-isolating with you.
- If staying with family/friends, use a separate bedroom and bathroom if possible.

Environmental cleaning to limit the spread of COVID-19:

- Information may be found at: https://novascotia.ca/coronavirus/staying-healthy/#clean

Staying with family or friends:

- Before planning to stay with family/friends determine if they have the ability for you stay safely (keeping physical distance, provide a separate bedroom(s) and bathroom).

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

- Some accommodations may not be suitable for self-isolation. Determine if you have the ability to self-isolate before booking.
- 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, see the above Environmental cleaning section.

If you or anyone isolating with you becomes unwell during self-isolation, you must do the 811 online assessment https://when-to-call-about-covid19.novascotia.ca/en. If that is not possible, call 811 for further direction.

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

- You may receive regular phone calls on behalf of the Nova Scotia Department of Health and Wellness at the number you provided on your tracking form upon entry to Nova Scotia.
- 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.
- Do not have visitors during your self-isolation period.
- Make plans to have groceries and other supplies delivered to you.

novascotia.ca/coronavirus