Requirements for entering Nova Scotia

People must have approval in advance of traveling in order to enter Nova Scotia. Only the following people are allowed to enter Nova Scotia:

- permanent residents of Nova Scotia (people who live in Nova Scotia at least 6 months plus 1 day per year) who are returning home
- people moving to Nova Scotia or coming to stay at their seasonal residence
- post-secondary students coming to study in Nova Scotia or returning to their primary or family residence in Nova Scotia.
- people following the child custody protocol
- people following the exempt traveler protocol
- people following the NS NB travel protocol for work, school or child care
- rotational, specialized and federal approved temporary foreign workers or fish harvesters
- people who have been granted exceptions
- people coming from PEI or Newfoundland and Labrador (no isolation required)
- people coming from New Brunswick (isolation is based on vaccination status and testing)

Isolation requirements

There are no isolation requirements for people coming from PEI or Newfoundland and Labrador.

People coming from New Brunswick have self-isolation requirements based on their vaccination status and testing:

- People who had two doses at least 14 days before arriving in Nova Scotia are not required to self-isolate. Testing is still recommended.
• People who had one dose at least 14 days before arriving in Nova Scotia must self-isolate for seven days. They cannot leave isolation until they have completed at least 7 days of isolation and have received two negative test results.

• People with no vaccination must isolate for 14 days. Testing at the beginning and end of their isolation continues to be recommended.

Vaccines must be approved by the World Health Organization. Testing must be done in Nova Scotia, not in advance of arrival. It must be a standard PCR lab test, not a rapid test.

People coming from outside Atlantic Canada have the following isolation requirements:

• 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.

• 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 must 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

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 a permanent resident of Nova Scotia who traveled for non-essential reasons, 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).

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.

**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.

- You must complete required daily check-ins. Failure to do so could result in a fine.

- If the law enforcement agency determines you are not self-isolating, you could face a penalty of up to $2,000 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 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:
  ◦ 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, EHS paramedics, and other essential healthcare 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. Families that are traveling with exempt travelers are not exempt and must enter as regular travelers.

• 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.