Travelers arriving from outside Nova Scotia, New Brunswick or PEI must follow self-isolation requirements for 14 days

To meet self-isolation requirements, you must:

- 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 your travel was necessary, you must self-isolate for 14 days. 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.
- If you travel was not necessary, you must self-isolate for 14 days in a completely separate space from the rest of the household, with your own bathroom. There can be absolutely no shared living spaces with others in the household. If a completely separate space is not available, everyone living in the household must also self-isolate for 14 days.
- People who are self-isolating after travel within Canada can only 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.

Necessary travel that doesn’t require the entire household to self-isolate along with the traveler(s) includes:

- Travel for work that can’t be done virtually and doesn’t meet the criteria for domestic rotational workers
- Participating in a legal proceeding outside Nova Scotia, New Brunswick or PEI when it can’t be done virtually
- Students studying outside Nova Scotia, New Brunswick or PEI whose primary or family residence is in Nova Scotia
- Students coming from outside Nova Scotia, New Brunswick or PEI to study at a post-secondary institution
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.


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 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.

Environmental cleaning to limit the spread of COVID-19:

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