



# 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.
- 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.
- 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/avoiding-infection/#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://covid-self-assessment.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:

- Every adult (18 or older) and post-secondary student travelling into Nova Scotia from outside Atlantic Canada needs to complete a Nova Scotia Safe Check-in Form, unless they're **exempt from self-isolation**.
- Once you're self-isolating in Nova Scotia, you need to complete a digital check in each day of your isolation period. If you don't check in daily, police will visit the address you provided for self-isolation in Nova Scotia to confirm.
- 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.