

Rotational Workers Modified Self-Isolation and Testing Fact Sheet

Definition of Rotational Worker

What's the definition of rotational worker?

A rotational worker is someone who has a set schedule where they alternate between living in Nova Scotia and working outside the province, such as an Alberta oil worker. This directive only includes rotational workers who travel to work in another province or territory in Canada (outside Nova Scotia or Prince Edward Island). The schedule is determined by their employer. Please see more information in the [rotational worker directive](#).

Rotational workers who work outside of Canada must follow federal isolation and testing requirements in the Quarantine Act.

If I attend a business meeting outside Nova Scotia or Prince Edward Island once a month, am I a rotational worker?

This does not apply to people who, for example, attend a business meeting anywhere except Prince Edward Island once a month.

Modified Self-Isolation

Do rotational workers have to self-isolate for 14 days?

Yes, rotational workers must self-isolate for 14 days when they return to Nova Scotia from anywhere except Prince Edward Island. Recognizing that they often spend a significant amount of their time at home in isolation, they are allowed have a modified form of self-isolation that gives them some more freedom.

What are the allowed activities?

Rotational workers are allowed the following activities alone or with their household members:

- Interacting with people who live in their household. Maintaining physical distance from household members is not necessary unless the rotational worker becomes unwell. Household members do not need to self-isolate unless they become unwell
- Spending time outside on their own property
- Going for a drive
- Going for a walk, run, hike, bike or ATV ride for exercise and recreation off their property (if they encounter people from outside their household, they must wear a mask and maintain a distance of two metres)
- Visiting a park, beach or other outdoor public space (if they encounter people from outside their household, they must wear a mask and maintain a distance of two metres)
- Spending time at their cabin or vacation home (or a rental location) within the province, following the same rules as if at home
- Dropping off and picking up household members at school, work or recreational activities without getting out of the vehicle
- No-contact pick-up of groceries or other items purchased online without getting out of the vehicle
- Attending a drive-in theatre without getting out of the vehicle
- Going through a drive-thru, for example at a restaurant or bank
- Attending necessary (urgent and routine) medical appointments. This includes appointments with physicians and nurse practitioners, dentists, optometrists and other regulated health professionals where in-person treatment is required

Is there anything I still cannot do under the changes to the self-isolation requirements for rotational workers?

The following activities continue to be restricted:

- Entering public places (e.g. schools, grocery stores, shopping malls, banks, religious institutions, restaurants/bars)
- Attending indoor and outdoor gatherings
- Visiting people outside their household
- Allowing people from outside their household to visit them on their property or in their home
- Volunteering or working in any capacity that requires them to be in contact with people outside their household

What if I am sick? Am I still allowed to do these activities?

Anyone who has symptoms must stay home, self-isolate from other people in your household, and do the online [COVID-19 Self-Assessment](#) to book a test. Even if you only have one mild symptom, you need to get tested. If they can't do it online, they can contact 811.

People who have one mild symptom, other than fever or new or worsening cough, do not have to isolate while waiting for their test and results, unless they are still doing isolation required after travel or they are directed by an exposure notice or Public Health to isolate.

Can the people I live with still continue to go to work and school?

Yes. Household members do not need to self-isolate unless they become unwell

Does the self-isolation requirement for non-essential travel affect rotational workers? Does their whole household have to self-isolate?

Rotational workers continue to have modified self-isolation, which includes contact with people in their households. However, if a member of the rotational worker's household chooses to travel for non-essential reasons, the entire household (including the rotational worker) must self-isolate, unless there is a completely separate living space with a bathroom where the traveler can self-isolate.

Why can't I go to an outdoor gathering?

We have done our best to balance restrictions to reduce risk of transmission and the health, wellbeing and family lives of rotational workers. We have focused on the modifying the restrictions that we've been told have the greatest impact.

What if a rotational worker has a court order or shared custody agreement? Am I still required to self-isolate?

People who have no symptoms can continue to carry out child custody agreements. However, the rotational worker must otherwise continue their modified form of self-isolation for 14 days.

What if my medical provider still won't accept me because I have been outside of Nova Scotia or Prince Edward Island in the past 14-days?

We are making medical providers aware of this policy so they know that you are allowed to seek their services. If a medical provider refuses you services, you can contact their association for guidance.

Why can I only see regulated health professionals?

Regulated health professionals are governed by regulatory colleges that are responsible for ensuring they provide health services in a safe, professional and ethical manner. The oversight provided by the regulatory college adds a layer of protection to the public with respect to strict compliance with approved COVID-19 plans for those professions.

Testing

Is COVID-19 testing mandatory for rotational workers?

Yes, effective March 1, 2021, rotational workers who have no symptoms are required to get tested on day 1 or 2. If they are still in the province, they must get tested again and on day 6, 7 or 8 and on day 12, 13 or 14 of their modified self-isolation.

Does a negative test result mean a rotational worker can stop self-isolation?

No, rotational workers must complete the full 14 days of their modified form of self-isolation, even if they have a negative test results even if they have a negative test result.

Why is testing mandatory for rotational workers?

Given the frequency of rotational workers' travel in and out of Nova Scotia, this testing is an added layer of protection for these workers, their families, and their communities because we know that COVID-19 can be spread, even without symptoms.

Does a negative test guarantee the rotational worker does not have COVID-19?

No. It means they are likely not infectious to others at the time of the test. That is why rotational workers must continue their modified self-isolation.

Have there been any cases of COVID-19 among rotational workers in Nova Scotia?

Yes there have been, and as cases continue to rise in the rest of Canada, it becomes more likely this will happen more frequently.

Will this testing ensure we catch all positive cases among rotational workers?

We cannot expect to identify every case through this testing. However, it increases our chances of identifying cases early, before they have time to spread.

If a rotational worker gets a negative test before returning to Nova Scotia, can they skip the tests when they return?

No, the tests must be done during the rotational worker's modified self-isolation in Nova Scotia. This is because even if a worker gets tested before arriving home, that test may have been too early in the virus's incubation period to detect it or the worker could still become infected during travel.

How does a rotational worker book a test?

Rotational workers should complete the [COVID-19 self-assessment](#) to book a test. Do not call 811 to book a test unless you cannot access the online self-assessment.

Where should a rotational worker get tested? Can they go to a pop-up or drop-in site?

Rotational workers should not go to a pop-up or drop-in site. They must be tested at a primary assessment centre, but they should not go to one of these centres without an appointment.

Is a rotational worker allowed to break self-isolation to go to a testing site?

Yes, they can break their modified form of self-isolation just to get tested. They should wear a non-medical mask when going between their vehicle and the site and stay 2 metres/6 feet apart from others.

Can rotational workers take public transportation to a testing site?

Rotational workers should not take a bus or shuttle. Using their own transportation is strongly recommended. However, they can take a taxi, wearing a non-medical mask, if there is no other alternative.

Is there a cost to rotational workers to get tested?

No.

Can a member of a rotational workers' household get this testing as well?

All Nova Scotians should get tested for COVID-19 regularly. Even if you have no symptoms or just one mild symptom, you should get tested. It helps us detect cases and prevent them from spreading. People can complete the online [COVID-19 self-assessment](#) to book a test. People 16 and older with no symptoms can go to a pop-up site.

What should a rotational worker do if they develop symptoms before or after their asymptomatic test?

The worker should immediately self-isolate completely (no contact with others in their household) and complete the [COVID-19 self-assessment](#). Even if they only have one mild symptom, they need to get tested. If they cannot complete the assessment online, they can call 811.

What are the consequences if you don't do the testing?

Audits will be done to check testing data for randomly chosen rotational workers. If they did not do their first test, they will get a phone call reminding them that it is mandatory. If they do not get their second test, they will be issued a \$1,000 fine.