

Travel requirements

Are people allowed into Nova Scotia?

We are asking people not to travel unless it is absolutely necessary. If you come to Nova Scotia from anywhere except PEI or Newfoundland and Labrador, you must self-isolate for 14 days upon arrival, unless you exempt under the public health order. There are very few types of circumstances that make you exempt.

Does that mean you have to stay in Nova Scotia for 14 days? You can't come for a shorter period?

We do not prevent people from leaving the province. If you are here for less than 14 days, you self-isolate the entire time.

If I have a negative COVID-19 test result, can I skip the self-isolation?

No. A negative test result does not replace the need for self-isolation in Nova Scotia and we do not do testing for that purpose.

Are there travel restrictions within Nova Scotia? If you travel within the province, do you have to self-isolate?

No, however, we continue to discourage travel in general. It is best to stay close to home.

Can people travel within the provinces for work purposes?

Yes. If work can be done virtually, that is best, but people can travel for work if they need to.

ENTERING NOVA SCOTIA FROM NEW BRUNSWICK

Do people entering Nova Scotia from New Brunswick have to self-isolate?

Yes. As of 8 a.m. on January 9, anyone who enters Nova Scotia from New Brunswick must complete the Nova Scotia Safe check-in form and self-isolate for 14 days.

Is this policy retroactive? If you came from New Brunswick to Nova Scotia a week ago, do you have to start self-isolating?

No, it is not retroactive. However, people who arrived from New Brunswick or had visitors from that province in the past 14 days are encouraged to get tested immediately and consider a second test five to seven days later. They are encouraged to self-isolate while waiting for the first test result. People can [book a test online](#).

What about people who live near the land border and cross it routinely?

People who routinely cross the land border for work are exempt from self-isolation. They can get a chit from Nova Scotia border officials to display in their vehicle. If they have children in child care who also need to cross the border, the children are also exempt.

What about people who need to travel for medical appointments?

People who travel to and from essential health services are exempt from self-isolation. You can bring one accompanying support person who is also exempt.

What about essential workers?

Just because workers are considered essential or exempt in other jurisdictions does not necessarily

mean they are exempt under Nova Scotia's public health order. Only certain workers can cross the Nova Scotia borders for work purposes without having to self-isolate:

- healthy 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 or train
- Canadian Military and Defence Team personnel, Coast Guard, RCMP, Canadian Border Services Agency, and Canadian Security Intelligence Service
- first responders, including police, fire and EHS paramedic workers

We also have criteria for [specialized workers](#) to come into the province but they must self-isolate when not doing their work.

What about people coming from PEI over the Confederation Bridge or people driving from Labrador?

Permanent residents of Nova Scotia, PEI or Newfoundland and Labrador who drive from there straight through Quebec and/or New Brunswick do not need to self-isolate when they arrive in Nova Scotia. You do not need to complete the Nova Scotia Safe Check-in form but make sure you bring [proof of permanent residency in PEI or Newfoundland and Labrador](#).

You must drive directly through, using contactless options for food, gas (full serve or pay at the pump), etc. and avoiding contact with others. In effect, you are isolating in your vehicle as you travel. If you are coming from PEI, you shouldn't need to stop in New Brunswick at all. If you are coming from Labrador, you can make minimal stops. You can also take a ferry in Quebec that has assigned seating to accommodate physical distancing.

Does this mean post-secondary students from New Brunswick have to self-isolate and get tested?

Post-secondary students from New Brunswick must self-isolate for 14 days upon arrival. They should [book a test](#) for day 6, 7 or 8 of their self-isolation. Testing is voluntary but students are expected to do it to help protect their households and communities.

If I drop off a post-secondary student, do I have to self-isolate when I return to Nova Scotia?

People can travel to New Brunswick to drop off post-secondary students if they don't have symptoms of COVID-19. As long as they don't stay overnight, wear masks, maintain physical distance, make minimal stops, and use contactless services, then they do not have to complete the Nova Scotia Safe Check-in form and they do not have to self-isolate when they return to Nova Scotia.

If someone lives in Nova Scotia but works on a rotational basis in New Brunswick, do they now have to self-isolate when they come home?

Yes. If the worker meets the criteria in the [rotational worker directive](#), they can do a modified form of self-isolation for 14 days when they return home. They should get tested on Day 1 or 2 and on Day 6, 7 or 8 of their modified self-isolation. If they do not meet that criteria, they must do full self-isolation for 14 days.

If a specialized worker lives in New Brunswick, are they able to do work in Nova Scotia?

If there is urgent, critical work that cannot be done by anyone in Nova Scotia, PEI or Newfoundland and Labrador, then a specialized worker from New Brunswick or elsewhere can enter Nova Scotia to do their work. They must self-isolate to and from the worksite and when they are not working. There is more information and requirements in the [specialized worker directive](#).

Can you go to New Brunswick for a business meeting or other work without having to self-isolate when you return?

No. Self-isolation is required, unless you are a [rotational worker](#) who can do a modified form of self-isolation. Attending a business meeting regularly does not qualify you as a rotational worker.

Can people meet at the New Brunswick/Nova Scotia border, staying on either side of it to drop off/pick up people or items?

First, we strongly advise against any unnecessary travel at this time. Second, the actual border is on a major highway. There is no safe place to stop for a drop off/pick up. If it is absolutely necessary, then both parties need to meet in one province or the other and follow the public health rules that are in place.

Are there exceptions if you need to attend a funeral or visit a family member in palliative care?

We consider requests for exceptions in these situations. If your request is approved, you would be allowed to attend the funeral or visit the family member but otherwise, you must self-isolate. There is more information about [how to make a request](#) on our website.

Can an employer tell employees not to come to work if they were in New Brunswick before January 9?

People who arrived from New Brunswick or had visitors from that province in the past 14 days are encouraged to get tested immediately and consider a second test five to seven days later. They are encouraged to self-isolate while waiting for the first test result. If an employer or an employee has a question about this, they can contact the Department of Labour and Advanced Education (Safety Branch) at 1-800-952-2687 or laesafetybranch@novascotia.ca.

Does an employer have the right to ask if an employee has traveled outside to New Brunswick or anywhere else outside Nova Scotia, PEI or Newfoundland and Labrador?

An employer has the right to ask if an employee has travelled outside Nova Scotia, PEI or Newfoundland and Labrador within the past 14 days or if they visited a site listed in an exposure notice. However, the employer cannot ask which locations or sites they visited.

Can a business refuse people service if they've been in New Brunswick?

We know people are nervous or afraid of COVID-19. That's understandable. But we cannot refuse service to people just because we're afraid they may have come into contact with the virus. In fact, refusal of service for this reason is illegal under [the Nova Scotia Human Rights Act](#). We are asking people to avoid travel when it's not necessary. However, if a person is following public health rules, a businesses should not be refusing to serve them just because they were in another jurisdiction. If you have concerns about a business refusing service when they shouldn't, please contact hrcinquiries@novascotia.ca.

Why are you making this change now?

The epidemiology in New Brunswick has changed and we need to take this step to help prevent cases from spreading to Nova Scotia through travel.

Why not make this change for PEI and Newfoundland and Labrador as well?

The epidemiology in those provinces does not warrant taking this step at this time.

How long will this border restriction be in place?

As the pandemic evolves, our public health measures also evolve. When there is any change in the border policy or any other public health measures, they will be announced publicly.

NOVA SCOTIA SAFE CHECK-IN

What do you need to do to enter Nova Scotia from PEI or Newfoundland and Labrador?

Permanent residents of PEI and Newfoundland and Labrador can enter Nova Scotia without completing the Nova Scotia Safe Check-in form. They are not required to self-isolate.

Every adult needs to show either a drivers' license, government identification card, health card, or a utility bill or bank statement with a valid permanent home address in PEI or Newfoundland and Labrador to provincial officials at airports, ferries or the land border when they arrive in the province.

Children under the age of 18 who are accompanied by a parent do not require proof of permanent residency in PEI and Newfoundland and Labrador. Their parent(s) must have this proof. If they are not accompanied by a parent, they must have proof of permanent residency.

Similarly, Nova Scotians need to show proof of permanent residency when they return home from PEI or Newfoundland and Labrador.

What do you need to do to enter Nova Scotia from anywhere except PEI or Newfoundland and Labrador?

People traveling to Nova Scotia from anywhere except PEI or Newfoundland and Labrador must complete the [Nova Scotia Safe Check-in](#) form. Someone under the age of 18 who is traveling alone must have a parent or legal guardian complete the form in advance. It is best to complete the form in advance, it will be faster for you at the border.

You will receive an email with an ID number that you must present at the border. You should keep this email in case you need to refer to it later.

During your 14 days of self-isolation, you will receive a daily email check-in to which you must respond, confirming that you are self-isolating. Please read our information about [how to self-isolate](#).

Do people who are exempt from self-isolation under the public health order need to complete the Nova Scotia Safe Check-in?

No but they should be prepared to show proof of how they fit into one of the exemption categories.

What do you do if you leave Nova Scotia before the 14 days are up?

If you leave before the 14 days are up, you can [unsubscribe](#) from the daily check-in emails. You will need the email address you had used to fill in the Nova Scotia Safe Check-in form and the ID number you received when you completed that form. Choose the reason for unsubscribing that most closely matches your situation:

- I am within the Atlantic Bubble and filled out the form when I didn't need to
- I have already left Nova Scotia
- I changed my travel plans and am not in Nova Scotia
- I filled out the form twice, or I am getting two daily reminders

SELF-ISOLATION REQUIREMENTS RELATED TO TRAVEL

What is considered essential and non-essential travel?

We consider travel to be essential in the following situations:

- people who must travel for work that cannot be done virtually and doesn't meet the criteria for rotational work
- legal custody arrangements that require parents or children to travel for visits
- essential, specialized health care treatment that is not available in Nova Scotia, PEI or Newfoundland and Labrador
- participating in an essential legal proceeding anywhere except Nova Scotia, PEI or Newfoundland and Labrador when virtual attendance is not possible
- students studying outside of Atlantic Canada who's primary or family residence is in Nova Scotia

Any other travel is considered non-essential. Some examples include vacations, visits, business matters that could be done virtually or by someone else outside the bubble, picking up or dropping off non-essential items, and so on.

What is the self-isolation requirement for non-essential travel?

If a person travels when it is not essential and enters Nova Scotia from anywhere except PEI or Newfoundland and Labrador, they must self-isolate in a place that is completely separate from everyone else in the home. If no such space is available, everyone in the home must self-isolate for 14 days as well. Nobody in that home can leave the property to go to work, school, day care, grocery store, for a walk, etc. They cannot have visitors.

What if a child travels for unnecessary reasons, do they have to remain completely isolated from their household?

When the traveler is a child who cannot reasonably self-isolate alone, the entire household must self-isolate.

What are the self-isolation requirements for essential travel?

When the travel is essential, if the traveler can follow a strict protocol that allows for some careful sharing of spaces, then the entire household does not need to self-isolate. They must complete the [Nova Scotia Safe Check-in](#) and for 14 days, they must:

- stay at their place of residence
- have their own separate room in the home (such as a separate bedroom, basement or attic)
- sanitize hands before leaving the separate room and wear a non-medical mask when outside their separate room
- avoid being in the same space as other household members
- have their own bathroom or use the following cleaning protocol for a shared bathroom: clean high touch surfaces (such as doorknobs, taps, toilet handle, sink, etc.) after each use
- have food and beverages prepared by others and made available in a non-contact manner
- not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with others in the home
- keep your personal items (such as toothbrush, cups, cell phones, tablets or laptops) separate from those belonging to others
- not share food, drinks or cigarettes or any other items that are put in the mouth

If this protocol **cannot** be followed, the traveler must either find another location to self-isolate or the entire household must self-isolate.

When the travel is non-essential and the home has a completely separate living space such as a self-contained basement where the traveler can self-isolate, does the rest of the household need to self-isolate as well?

If there is a safe and completely isolated section of a home where the traveller can self-isolate, then other people living there do not have to self-isolate as well. The traveller must have their own bathroom in that contained space, they cannot share one with anyone who is not isolating with them.

There must be no shared living space with other people in the home. They cannot go into other parts of the home during the day when other members of the household are out. Other people in the home can deliver food and supplies to the isolating traveler in a non-contact manner.

If this kind of space is not available and everyone in the home is sharing living spaces, then either the traveler must find another location to self-isolate or everyone in the home must self-isolate for 14 days. Nobody is allowed to leave the property.

If we have an apartment in our home with a separate entrance, can a person use that as their self-isolation location?

Yes, that would be considered the same as an apartment in any other building.

If a traveler did the first four days of their self-isolation in a hotel and is finishing it in a home, do the people living their complete 10 days of self-isolation or 14?

First, people should do their entire self-isolation in one place, they should not switch locations part way through. That said, we know this sometimes has to happen. If it does, then the people living in the home must self-isolate for 14 days from the time the traveler arrives in the home, unless there is a completely separate living space with a bathroom where the traveler can self-isolate.

If a second traveler arrives a few days after the first and there are no separate spaces for them to isolate, does the whole household have to restart their 14 days of self-isolation?

Yes, everyone in the household must restart their 14 days of self-isolation from the date the second traveler arrives.

Can the self-isolating traveler go outside in the yard? Can they go for a walk?

If there is a separate entrance to the self-isolation space, then the traveller can go outside without leaving the property. They must stay at least 2 metres/6 feet away from other people. They cannot leave the property to go for a walk.

If there is no separate entrance, they must remain indoors in their self-isolation location. Otherwise, they risk coming in contact with other people living in the home.

Do the isolation rules for essential and non-essential travel apply to international travelers entering Nova Scotia from outside Canada?

Yes. Anyone coming from outside of Canada falls under the federal Quarantine Act and will first require permission from the federal government to enter the country. Contact Canada Border Services Agency at 1-888-957-7224 or tccu-ustcc@cbsa-asfc.gc.ca for information. Once in Nova Scotia, they are subject to the public health order and the rules for self-isolation related to essential and non-essential travel.

What are the self-isolation rules for rotational workers?

People who meet the [criteria as a rotational worker](#) have modified self-isolation, which includes contact with people in their households. However, a rotational worker or 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. [Learn more](#).

How do isolation rules affect people who are exempt under the order like truckers, military, etc.?

Certain workers are exempt from self-isolation under the public health order when they need to travel for their jobs, such as military, police, first responders, truckers, flight crews, and others. See clause [3 of the public health order](#) for a complete list.

However, if an exempt worker or a member of the exempt worker's household chooses to travel for unnecessary reasons, the entire household (including the exempt worker) must self-isolate, unless there is a completely separate living space with a bathroom where the traveler can self-isolate.

Is self-isolation required for Canadian military, RCMP, Coast Guard, Canadian Border Services Agency, and Canadian Security Intelligence Service when they come to Nova Scotia to house hunt?

If a current (not retired or retiring) member of one of these organizations is being transferred to Nova Scotia for their job and needs to come for house hunting in advance, they can do so. If necessary, their spouse and children can join them. They can only look at properties and must otherwise self-isolate.

I have a child custody arrangement and the child's other parent lives outside Nova Scotia, PEI or Newfoundland and Labrador. Is self-isolation required?

As long as they don't have symptoms, people are exempt from the self-isolation requirement when they are dropping off or picking up a child under a legal custody agreement. Entering and exiting the province within about 24 hours to drop off/pick up a child is what we mean by "facilitating child sharing" under a custody agreement.

However, if someone is traveling to visit a child or if a child travels for a visit, they (or their parent or guardian) must complete the [Nova Scotia Safe Check-in](#) to enter the province from anywhere except PEI or Newfoundland and Labrador and they must self-isolate for 14 days upon arrival. They can follow the protocol for necessary travel outlined above.

Do you have to self-isolate if you're just coming into the province briefly (like a day trip or overnight) to drop off or pick up a person or an item?

First, we are asking people to avoid all unnecessary travel, so please think about whether it's truly necessary before you come. If you must come, then you need to complete the [Nova Scotia Safe Check-in, self-isolate](#) while you are here, and follow all public health measures. You can't have contact with anyone other than people you are traveling with.

You can drop off/pick up a post-secondary student at the place they'll be self-isolating. If you're dropping off/picking up a student on campus, make sure to follow the school's drop-off process. You need to complete the [Nova Scotia Safe Check-in, self-isolate](#) while you are here except for the drop off/pick up, and follow all public health measures.

If someone in the home has already recovered from COVID-19, does that mean they are immune and do not need to self-isolate along with the traveler?

No, they have to self-isolate as well. We don't yet know enough about immunity to COVID-19 to be sure there isn't a risk of the traveler transmitting it to the person who had recovered.

If a household is self-isolating along with a traveller who arrived in the home part way through their self-isolation period, what happens if a member of the household develops symptoms? Does the traveler's self-isolation period get extended?

If this happens, anyone who is still isolating must continue. Anyone who has finished isolation does not need to start again. The person with symptoms should complete the online [COVID-19 self-assessment](#) to determine if they need to get tested. Anyone who can't do the assessment online can call 811.

Everyone should monitor themselves closely for symptoms while waiting for the test result. If the test result is positive, then everyone in the household needs to follow the direction that public health officials give them.

DRIVING THROUGH/AIRPORT PICKUP

Can you drive through Nova Scotia on your way to another province?

You can drive through Nova Scotia but you must self-isolate as much as possible the entire time. That means making as few stops as possible and maintaining physical distance from other people. You must also follow all the [public health measures in Nova Scotia](#).

You need to complete the [Nova Scotia Safe Check-in](#). You will receive an email with an ID number that you must present at the border. You should keep this email in case you need to refer to it later.

You will receive a daily email check-in to which you must respond, confirming that you are self-isolating. Once you have left Nova Scotia, you can [unsubscribe](#) from the daily check-in emails.

If you fly into the Halifax airport, can you spend a night in a hotel before driving to your location for self-isolation?

We encourage people to try to make travel plans that do not involve a hotel stay after a flight. However, sometimes people have long flights and it would create a dangerous situation if you arrived at the airport and immediately started driving.

In these cases, you can overnight in a hotel and then drive to your location for self-isolation. You need to complete the [Nova Scotia Safe Check-in](#) with your self-isolation location (ie, not the hotel). You must self-isolate as much as possible the entire time and follow Nova Scotia's [public health rules and advice](#).

Also, you should check with the hotel about whether they will accept a guest arriving from outside the Atlantic bubble.

If I pick up a traveler from the airport and drive them to their own separate living space for self-isolation, do I have to self-isolate too?

No, you don't need to self-isolate. You should both wear non-medical masks and sit as far apart as possible in the vehicle.

If I fly from PEI or Newfoundland and Labrador to Halifax and the flight stops in another province, do I have to self-isolate when I arrive?

No, as long as you stay on the plane or in the airport terminal and practice public health measures, then you do not need to self-isolate when you arrive in Nova Scotia. We will consider you to have never left the Atlantic bubble.

BORDER/FINES

What will I need to do at the border?

You should complete the [Nova Scotia Safe Check-in](#) before you travel. If you haven't already completed it, there will be instructions when you arrive about going online to complete it.

What if somebody doesn't have the technology to do it in advance?

We have paper copies at the border but we strongly encourage people to complete the form online. It is much faster for you and more efficient for us.

What constitutes valid ID?

- Drivers' license
- Government identification card
- Bank statement with permanent home address
- Utility bill with permanent home address

How do you follow up with travelers during their stay to make sure they are self isolating for 14 days?

Travelers will receive a daily digital check-in. It's an email that they must respond to each day during their self-isolation. It starts arriving on your second day in the province.

What are the penalties if someone doesn't self isolate?

Penalties are the same as other violations of the Health Protection Act. For a first offence, there is a \$1,000 fine. If you are found guilty of a second or subsequent offence, you could be fined up to \$10,000 or to imprisonment for up to one year, or both.

How do the fines work?

You could be issued a summary offence ticket of \$1,000 for one offence. If you are charged 10 days in a row, you could be issued 10 summary offence tickets for a total of \$10,000 in fines.

You could be charged by long form prosecution and convicted. Using the example of offences 10 days in a row, a judge could sentence you to a fine of \$92,000 (\$2,000 for first offence and 9 x \$10,000 for subsequent offences) and/or 9 years and six months in jail (6 months for first offence and 9 x 1 year for subsequent offences).

Which entry points is Nova Scotia staffing?

- Amherst land border (New Brunswick)
- Halifax airport
- Sydney airport
- North Sydney ferry (Newfoundland)
- Digby ferry (New Brunswick)
- Pictou ferry (PEI)

Why not staff the border crossing at Tidnish entry point?

The vast majority of people coming in and out through Tidnish are Nova Scotia and New Brunswick residents.

What are you doing to relieve traffic congestion at the border, especially for trucks?

All commercial vehicles and people who regularly cross the border for work have always been exempt

from self-isolation under the Health Protection Act order. That hasn't changed. We have a chit system in place for them to pass without stopping for questions. We always look at ways to help improve traffic flow, especially for commercial traffic.

Are you concerned about people lying on their form?

We expect people to be truthful. There will be follow-up to verify they are meeting self-isolation requirements.

Are there any privacy issues with collecting this information?

We are collecting information that's very similar to what the other Atlantic Provinces are collecting. Government officials have authority under the Health Protection Act to collect the information. We are required under law to protect the information once we have it.