



Travel

Are people allowed into Nova Scotia?

As we progress through our [reopening plan](#), our border restrictions are gradually easing. Effective June 16 with the start of phase 2, we are allowing seasonal residents, people moving permanently to Nova Scotia and people coming for funerals to enter the province. We are also opening our borders to the other Atlantic provinces on June 23.

In phase 3, Canadian travellers coming from outside Atlantic Canada will be able to enter Nova Scotia and self-isolation will still be required for them.

In phase 4, we aim to allow international travelers to enter for any reason (if federal border policy allows them to enter the country). Also, isolation requirements for Canadian travellers coming from outside Atlantic Canada may be based on vaccination status and testing.

How will the new border policy work on June 23?

We will have more details closer to that date.

Are Nova Scotians allowed into other Atlantic Canadian provinces? Why don't all 4 provinces have the same rules?

All four provinces are in regular contact about border policies and we're all taking similar steps but ultimately each province needs to make its own decisions. You should check with other provinces about their border policies.

When will people be able to come to Nova Scotia without self-isolating? Will you accept a vaccine passport?

Self-isolation is still required in phases 1 and 2 at least, except for people who are exempt and for rotational workers who have new requirements based on their vaccination status effective June 8.

In later phases of our [reopening plan](#), we will consider things like vaccination status of travellers and a possible testing strategy to support easing of restrictions as we progress through the phases. We will also need to have a system in place to validate proof of vaccination of travellers. The idea of a vaccine passport and what that will entail is something that is being discussed at a national level by all provinces and territories.

If I've had two doses of COVID-19 vaccine or a negative COVID-19 test result, can I enter the province? Can I skip the self-isolation?

No. At this time, Nova Scotia's border is closed to everyone except permanent residents of Nova Scotia and people traveling for certain essential reasons (see more below). If you are permitted to enter, self-isolation is required for most travelers, regardless of vaccination or negative test results.

If you're allowed into the province, do you have to stay 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.



What do I do if I develop symptoms after I arrive?

If you develop symptoms, continue to isolate, [book a test](#) and follow public health direction.

Does an employer have the right to ask if an employee has traveled?

An employer has the right to ask if an employee has travelled outside Nova Scotia 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 outside this region?

We know people are nervous or afraid of COVID-19. That's understandable. While we are asking people not to travel outside their community, some people need to. 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.

APPROVAL TO ENTER NOVA SCOTIA

Who is allowed to enter Nova Scotia?

Currently, people can only enter Nova Scotia for the following essential reasons:

- permanent residents of Nova Scotia (people who already live here at least 6 months plus 1 day per year) who are returning home
- people who live in Nova Scotia but their primary employment is in another province
- people who are moving permanently to Nova Scotia
- people who are coming to use a seasonal residence that they own
- 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 only
- [rotational](#), [specialized](#) and federal approved [temporary foreign workers](#)
- people with compassionate exceptions

What do you need to do to enter Nova Scotia?

Most people who are allowed to enter must apply to enter the province via the [Nova Scotia Safe Check-in](#) and cannot enter without approval. If you do not see a category in the Nova Scotia Safe Check-in that matches your reason for travel, then you cannot come to Nova Scotia at this time. As we start to reopen, the restrictions on our border will gradually ease. You can see our plans for travelers on our [website](#).

How does the Nova Scotia Safe Check-in work?

You should apply about a week before you intend to travel by completing the [Nova Scotia Safe Check-in](#) form. You cannot enter the province until you receive approval. You should not start traveling until you receive approval.



Please do not apply more than 2 weeks in advance for two reasons – A) our public health measures change frequently and B) we have to prioritize people who are planning to travel sooner than you, so your application would not be reviewed right away.

Adults can complete their own form. Someone who is 16 or 17 and traveling alone can complete the form themselves or have a parent or guardian complete it for them – under that age, a parent or legal guardian complete it on their behalf.

If you are approved, you will receive an approval via email that you must show border officials, along with documentation proving you allowed to enter the province. Most people are required to self-isolation for 14 days and will receive a daily email check-in to which you must respond, confirming that you are self-isolating.

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 in your approval letter or email. Choose the reason for unsubscribing that most closely matches your situation.

Is there anyone who does not need to complete the Nova Scotia Safe Check-in?

The following travelers do not have to apply:

- Professional truck drivers when they are traveling for work
- Exempt travelers who travel very frequently (such as daily or nearly every day) over the NS-NB border, typically for work
- People who applied for and received a compassionate exceptions via c19compassionate@novascotia.ca
- essential health care workers who are doing locums or other short-term support work or regularly crossing the New Brunswick border

Do first responders have to apply through the Nova Scotia Safe Check-in to enter Nova Scotia even when they are responding to an emergency?

No. In circumstances where applying via the Nova Scotia Safe Check-in form in advance would impede first responders who must enter Nova Scotia to respond to an emergency, they are required to complete the form as soon as possible after arrival to the province. Approval is automatic.

Do healthcare workers have to apply through the Nova Scotia Safe Check-in to enter Nova Scotia

If you are permanent resident of Nova Scotia who is a healthcare worker and you are returning to the province after personal, non-work travel, you apply by completing the [Nova Scotia Safe Check-in](#) as a permanent resident (not as a healthcare worker). You must self-isolate for 14 days upon arrival.

When people are coming to Nova Scotia to start jobs as [essential health care workers](#), they must apply to enter the province by completing the [Nova Scotia Safe Check-in](#) and self-isolate for 14 days before starting work. If you and your spouse/partner and/or dependent children are moving here at the same time, you include them on your check-in form.

Essential health care workers who travel between Nova Scotia and New Brunswick need to follow the [exempt traveler protocol](#). When they cross the land border between Nova Scotia and New Brunswick on



a very frequent basis (such as daily or almost every day) do not need to complete the Nova Scotia Safe Check-in.

Essential health care workers can enter Nova Scotia to provide short-term support or locum work. They can also leave Nova Scotia for this purpose and return without having to self-isolate for 14 days. They must follow protocols set by their occupational health units. They do not complete the Nova Scotia Safe Check-in.

Can military members, RCMP etc house hunt and move to Nova Scotia when they are posted there?

Effective June 16, members of these agencies are permitted to enter Nova Scotia for house hunting. They can bring their spouse or partner for house hunting but not children. They must apply via the [Nova Scotia Safe Check-in](#) and include their spouse or partner on their form. Approval is automatic. They must self-isolate completely except while they are viewing properties.

When they are posted to Nova Scotia, these members and their families are permitted to enter. They must apply via the [Nova Scotia Safe Check-in](#) and if they are all moving to Nova Scotia at the same time, include their family members on their form. Approval is automatic.

The members remain exempt from self-isolation if they are beginning their work duties immediately, following the [exempt traveler protocol](#). Therefore, they do not receive daily check-in emails when they arrive in Nova Scotia. However, if they take time off before beginning their work duties, they must self-isolate for 14 days. Their families must self-isolate for 14 days upon arrival.

Can students come home? Do they have to isolate?

Post-secondary students can return home to Nova Scotia. They must apply to enter the province via the [Nova Scotia Safe Check-in](#) and wait for approval before traveling. They should travel here on their own. They must isolate in a separate space from the rest of the household, but because we consider this essential travel, they can share a bathroom with others as long as it is cleaned between uses. If this can be accomplished, the rest of the household does not have to isolate along with the student.

Can students come to study?

All post-secondary students (domestic and international) can come to study Nova Scotia in time to isolate if they are enrolled in the summer for in-person or online study. You cannot come now for the fall term. All students must apply to enter the province via the [Nova Scotia Safe Check-in](#) and wait for approval before traveling. There are also other [requirements for international students](#).

Can students bring family with them when they come to study?

Students can include their spouse/partner and/or depending children on their own [Nova Scotia Safe Check-in](#) form when they apply to enter the province. Self-isolation is required when they arrive.

Can parents come from outside NS to drop off/pick up their students at their residence or at their apartment or other accommodations?

Parents (or others) from outside Nova Scotia are not permitted to enter the province to drop off students or pick them up at this time. People cannot use the NS NB PEI travel protocol to bring students home.



Students returning home from study outside Nova Scotia should travel on their own. They must apply to enter the province via the [Nova Scotia Safe Check-in](#) and wait for approval before traveling. Their parents should not go outside Nova Scotia to pick them up and bring them home.

Can people travel between Nova Scotia and New Brunswick or between Nova Scotia and PEI?

People can follow the [NS-NB-PEI travel protocol](#) only if they have to travel for work, school, child care (ie, a child in daycare) or veterinary services. You cannot follow it to move or to do a quick trip such as a drop off/pick up. You do not need to apply via the Nova Scotia Safe Check-in form but you should check whether New Brunswick or Prince Edward Island will allow you to enter.

The school and child care travel provisions in this protocol are primarily for travel between Nova Scotia and New Brunswick – for example, someone who lives in Amherst but goes to school in Sackville or someone who lives in Moncton but works in Amherst and therefore has their child in daycare in Amherst.

Note that we plan to allow people coming from other Atlantic provinces to enter Nova Scotia without having to self-isolate effective June 23.

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

You can travel through Nova Scotia to another destination 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 must apply to enter the province via the [Nova Scotia Safe Check-in](#). Approval is automatic. You must show your approval letter to our border officials, along with documentation that proves you are traveling through the province to another destination, such as airline, ferry or hotel reservations, permission to enter another province, or proof of permanent residency in another province.

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.

What do you need to provide as proof of permanent residency in Nova Scotia?

People are permanent residents if they already live in Nova Scotia at least 6 months plus 1 day per year. To prove you are a permanent resident, you would need to show border officials one or more of the following:

- government-issued identification card
- driver's licence
- passport
- utility bill or bank statement that shows your permanent home address
- Secure Certificate of Indian Status

If I own property in Nova Scotia, am I permanent resident?

Owning property in Nova Scotia does not make you a permanent resident. You have to already be living in Nova Scotia at least 6 months plus 1 day per year to be considered a permanent resident.



Can people still move permanently to Nova Scotia?

Starting June 16, people can apply to move to Nova Scotia via the [Nova Scotia Safe Check-in](#). You will receive automatic conditional approval. The condition is that you must be prepared to show our border officials proof that you are leaving your home in another place and moving permanently to Nova Scotia:

- a minimum one-year lease agreement or proof of ownership of a property in Nova Scotia, such as a purchase and sale agreement for the purchase of a home, mortgage statement, or property tax bill
- and**
- termination of lease agreement, a purchase and sale agreement for the sale of home, or termination of employment in another jurisdiction

Some other documents demonstrating a permanent move to Nova Scotia may be accepted, such as mail forwarding, moving company contract, termination of utilities to previous home. People moving for a job can show a letter of acceptance for employment or work placement.

People who do not have appropriate documentation will be turned away or they will have to isolate at an approved accommodation at their own expense until they can make arrangements to return to their home province or their point of entry into Canada. If you already completed the Nova Scotia Safe Check-in but you are not permitted to enter the province, you can [unsubscribe](#) from the check-in.

We understand our border policy will disrupt people's plans. However, it has been necessary to manage the pandemic in Nova Scotia. Please check our [website](#) for our plans for gradually easing border restrictions as we reopen the province.

If you have family in Nova Scotia, can you move in with them?

Starting June 16, people can apply to move to Nova Scotia via the [Nova Scotia Safe Check-in](#). You will receive automatic conditional approval. The condition is that you must be prepared to show our border officials proof that you are leaving your home in another place and moving permanently to Nova Scotia (see above).

Is there a quarantine hotel where I can stay for 14 days and then enter Nova Scotia?

No. People who arrive at the border and do not meet our criteria for entry will be turned away or they will have to isolate at an approved accommodation at their own expense until they can make arrangements to return to their home province or their point of entry into Canada. They cannot stay in the hotel for 14 days and then enter Nova Scotia.

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

We consider requests for exceptions to attend funerals and to be with an immediate family member at end of life. 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.

What happens if there's an urgent need to enter the province and you don't meet the criteria?

We consider exceptions for truly dire situations, such as refugees or people in dire need of support.



Can I enter Nova Scotia to write an exam?

People can apply for an exception to write professional exams that are not available in their province or are urgently needed, cannot be deferred, and cannot be done virtually. See [instructions for applying](#).

I applied for an exception / through the Nova Scotia Safe Check-in but my situation is urgent and I haven't heard back. What can I do?

We are reviewing applications as quickly as possible. Please understand that we have to prioritize applications by travel dates. We ask people not to apply more than a week in advance. If you applied for travel that weeks or months away, you will most likely have to wait more than a week for a response.

If you are approved, you will receive an approval via email that you must show border officials, along with any required documentation about your reason for travel. If your application is denied, that is a final decision. It cannot be appealed. You can re-apply if you have new information that meets our criteria.

We ask for people's patience as we review hundreds of applications per day. We are working as fast as we can and you will hear from us as soon as possible.

Can essential healthcare workers coming from outside Canada with work permits enter Nova Scotia?

Physicians and other essential healthcare workers who have gone through the federal process to enter the country and moving permanently to Nova Scotia must follow federal rules for entering the country and apply via the [Nova Scotia Safe Check-in](#) to enter Nova Scotia. Under the federal Quarantine Act, they must complete their 14 days of quarantine in Canada. If they are only coming for temporary work, they must still meet federal requirements but do not have to complete the check-in.

I need to be in Nova Scotia for the closing on a property. Can I leave isolation to do a final inspection and meeting with lawyer, bank etc?

No. There are virtual ways to accomplish these things.

INTERNATIONAL TRAVEL

What are the rules for international travelers entering Nova Scotia?

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. While the federal government has announced upcoming changes, the following is still accurate at this time.

International travelers must complete 14 days of isolation in Canada total under the federal Quarantine Act. Once they have received a negative test result at their point of entry, they can come to Nova Scotia ONLY if they are permanent residents of Nova Scotia or they meet our [criteria for essential travel](#).

Travelers who do not meet this criteria cannot enter the province. They will be sent back to their point of entry to complete their 14-day quarantine. Anyone who completes their full 14 days of quarantine outside NS and then leaves their quarantine site is at risk of being exposed to COVID-19 and therefore must isolate for another 14 days when they are eventually allowed to enter Nova Scotia.



If you meet our criteria to enter Nova Scotia, you need to apply to enter the province via the [Nova Scotia Safe Check-in](#) form and wait for approval before traveling. You should apply about a week before you plan to travel. It will take at least 3 business days to review your application – or a week if you are moving permanently to Nova Scotia. If you are approved, you will receive an approval letter via email that you must show border officials, along with documentation proving you are a permanent Nova Scotia resident or traveling for [essential reasons](#).

We do not require you to restart 14 days of isolation in Nova Scotia. If you complete 3 days at your point of entry and then come to Nova Scotia, you finish the remaining days here for a total of 14 days of quarantine in Canada. You cannot leave federal quarantine until you have received your second negative test result.

On your second day in Nova Scotia, you will start receiving daily check-in emails to which you must respond, confirming that you are isolating as required. Once you have completed 14 days of isolation in Canada and received your second negative test result, you can [unsubscribe](#) from the daily emails.

Any other questions should be directed to the Canada Border Services Agency:

English 1-800-461-9999 / French 1-800-959-2036 / Outside Canada: 204-983-3500 or 506-636-5064
tccu-ustcc@cbsa-asfc.gc.ca

See federal information about [arriving by air](#) or [arriving by land](#).

SELF-ISOLATION

What are the isolation requirements for people who are allowed to come to Nova Scotia?

The isolation requirements depend on the reason for travel.

REASON FOR TRAVEL	
<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• permanent residents of Nova Scotia who traveled for non-essential reasons• people moving to Nova Scotia• seasonal residents
ISOLATION REQUIREMENTS	
Completely separate living space but can share a bathroom if necessary: <ul style="list-style-type: none">○ stay at their place of residence○ have their own separate room in the home (such as a separate bedroom, basement or attic)	Completely separate living space with their own bathroom (ie no shared living spaces at all): <ul style="list-style-type: none">○ stay at their place of residence○ have their own separate room in the home (such as a separate bedroom, basement or attic)

<ul style="list-style-type: none"> ○ 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 	<ul style="list-style-type: none"> ○ 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 ○ 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
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If this cannot be accomplished, the entire household must isolate along with the traveler or the traveler must find another place to isolate.

If there is a person who is vulnerable to COVID-19 in the household, it would be best for the traveler to find a different location to isolate.

Anyone who is isolating after travel within Canada should get [tested](#) at the beginning and end of their isolation. Testing is not mandatory but is strongly recommended as an added layer of protection.

The travelers below have either a modified form of isolation or conditions to be met in their respective travel protocols:

- people following the [Child Custody Protocol](#)
- people following the [Exempt Traveler Protocol](#)
- people following the [NS-NB Travel Protocol](#) for work, school or other tasks that are necessary and cannot be done virtually
- [Rotational worker](#), [specialized workers](#) and [temporary foreign workers in agriculture seafood sectors](#)

If a child travels for non-essential reasons, do they have to isolate completely separately from their household?

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



What do you consider a completely separate living space?

Examples of completely separate living spaces include a basement apartment, an in-law suite, a bedroom with en suite bathroom, or a level of the home with a bathroom that can be dedicated to the isolating traveler. Ideally, the space should have a direct entrance/exit to the outdoors. If necessary, the traveler can walk through the home to enter/exit for walks or testing. Everyone should wear masks and maintain physical distance when this happens.

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

We strongly discourage making travel plans that 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 must self-isolate as much as possible the entire time and follow Nova Scotia's [public health rules and advice](#).

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.

MOVING

If I am moving from New Brunswick or PEI to Nova Scotia, can I follow the NS NB PEI travel protocol?

No. This travel protocol is for frequent travel back and forth travel for work, school or a child in daycare. It is not for extended stays or moving to Nova Scotia.

Can movers bring my belongings into my home while I'm self-isolating?

Yes. You and your family should stay as far apart from the movers as you can, such as in a different room. If you need to be in the same room, everyone should wear masks and maintain as much distance as possible.

Can I pick up or drop off a rental vehicle for moving?

No, you cannot do this in person if you are still in your 14-day self-isolation period.

Can I pick up/drop off items in a storage facility?

No, you cannot do this if you are still in your 14-day self-isolation period.

EXEMPTIONS AND EXCEPTIONS

Can essential workers still enter Nova Scotia? Do they have to isolate?

We don't use the term "essential worker" in Nova Scotia. 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 any of Nova Scotia borders for work purposes without having to fully self-isolate. They must apply to enter the province via the [Nova Scotia Safe Check-in](#). Approval is automatic. They must follow the [exempt traveler protocol](#).



What is the exempt traveler protocol? Who needs to follow it?

The [exempt traveler protocol](#) applies to:

- 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 or training required for their jobs:
 - 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 paramedic workers and essential health care workers

Under this protocol, most exempt travelers coming from outside Nova Scotia must apply to enter the province via the [Nova Scotia Safe Check-in](#). Approval is automatic.

In order to maintain their exemption, exempt travelers must meet numerous conditions, such as having no unnecessary contact with others while they are traveling in Nova Scotia or in other jurisdictions.

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. Three COVID-19 tests are strongly recommended during their first 14 days home. See full details and requirements in the [protocol](#).

Do maintenance personnel have to be on board a plane, train or ship to be exempt or are ground maintenance crew also exempt?

Ground maintenance crew who need to work in Nova Scotia are also exempt from the self-isolation requirement. They must apply to enter the province via the [Nova Scotia Safe Check-in](#). Approval is automatic. They must follow the [exempt traveler protocol](#). They are not exempt if they leave Nova Scotia for work and return.

Can people travel for medical appointments?

If you must travel to and from essential health services, you do not have to self-isolate in Nova Scotia. You can bring an accompanying support person who is also exempt. There is no limit on the number of support people you can bring but you should keep the number low and check with the Nova Scotia Health Authority or IWK Health Centre about how many people you can bring into their facilities with you. You and your support person/people must apply to enter the province via the [Nova Scotia Safe Check-in](#) (approval is automatic) and follow the [exempt traveler protocol](#). You will not receive a daily check-in email because you are exempt from isolation but must follow the protocol.

When people travel for child custody reasons, is self-isolation required?

People traveling for child custody reasons need to follow the [child custody protocol](#). There are isolation and other requirements for the person/people who travel. You must apply to enter the province via the



[Nova Scotia Safe Check-in](#). Approval is automatic. You need to show border officials your child custody agreement (whether it is legal/court ordered or informal).

What are the self-isolation rules for rotational workers?

People who meet the [criteria as a rotational worker](#) must apply to enter the province via the [Nova Scotia Safe Check-in](#) and must wait for approval before traveling. There are new rules for isolation associated with vaccination status effective June 8. (SEE ROTATIONAL WORKER FAQ)

What are the self-isolation rules for specialized workers?

[Specialized workers](#) can apply to enter for urgent critical infrastructure work that's crucial for the province to function and there is nobody in Nova Scotia who has the skills to do the work. They must apply to enter the province via the [Nova Scotia Safe Check-in](#) and must wait for approval before traveling. follow the [exempt traveler protocol](#). They must self-isolate at all times when they are not at the work site and get tested up to 3 times while they are in Nova Scotia.

Are power crews who do emergency repairs exempt from self-isolation?

Generally, no, they are not among the exempted workers listed in the public health order. Sometimes our Emergency Management Office and Nova Scotia Power Inc makes arrangements to bring extra workers in for a storm, for example, but they do so under strict protocols to avoid any potential spread of COVID-19. These arrangements are made directly with employers, not with individual workers. If you think you are a worker in this situation, talk to your employer.

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

Most people who have recovered must still self-isolate when they come to Nova Scotia. We only grant exceptions to rotational workers based on having recovered from COVID-19.

Rotational workers who have recovered from COVID-19 can request an exception to the isolation and testing requirements for a 12-week period.

If you became infected with COVID-19 in Canada and you have a letter from the public health unit in this country stating that you recovered as of a certain date, you can send that letter with your request for an exception from mandatory testing to Nova Scotia's self-isolation requirement to C19Compassionate@novascotia.ca.

If the exception is granted, it is only valid for 12 weeks from your date of recovery. Once those 12 weeks are up, you will be required to self-isolate and do the mandatory testing again.

Can a self-isolating traveler go for a walk?

You cannot leave your property if you have traveled outside Canada. You cannot leave your property if you are isolating because you have symptoms, you have been diagnosed with COVID-19, or you are [required to isolate while waiting for a test or result](#).

People who are isolating because they traveled within Canada or because Public Health has told them they are a close contact can only leave their property if it's necessary for outdoor exercise.

You can only go within walking or running distance of your home for a maximum of 1 hour per day (not multiple outings totalling 1 hour). You need to stay 2 metres/6 feet away from others and you can't visit



other buildings, go to outdoor fitness classes or personal training sessions. If you're in an apartment building, condo building or hotel, you must wear a non-medical mask in common areas if you leave the property for outdoor exercise.

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.

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 book a test. 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.

You have recovered from COVID-19, can you get an exception from isolation and testing?

We only consider exceptions based on recovery from COVID-19 for rotational workers (isolation and testing requirements) and post-secondary students (isolation requirement). If you became infected with COVID-19 in Canada and you have a letter from the public health unit in this country stating that you recovered as of a certain date, you can send that letter with your request for an exception to Nova Scotia's self-isolation requirement to C19Compassionate@novascotia.ca. If the exception is granted, it is only valid for 12 weeks from your date of recovery.

BORDER/FINES

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 \$2,000 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 \$2,000 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)
- Tidnish land border (New Brunswick)
- Halifax airport
- Sydney airport
- North Sydney ferry (Newfoundland)
- Digby ferry (New Brunswick)
- Pictou ferry (PEI)

What are you doing to relive 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 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.