

## COVID-19 INFORMATION:

# Travel and isolation requirements

### Entering Nova Scotia from any province or territory within Canada

People can come from provinces and territories within Canada for any reason and are no longer limited to essential travel. They must complete the **Nova Scotia Safe Check-in form** and upload proof of vaccination status.

Their isolation requirements are based on their vaccination status and testing:

- If you are fully vaccinated (2 doses of a COVID-19 vaccine or 2 doses of a combination of COVID-19 vaccines accepted by the Government of Canada, 1 dose of Janssen/Johnson & Johnson COVID-19 vaccine or a complete series of a COVID-19 vaccine authorized by the World Health Organization) at least 14 days before arriving in Nova Scotia, you do **not** need to self-isolate; testing is recommended.
- If you are **not** fully vaccinated (partially vaccinated with a first dose of a 2-dose COVID-19 vaccine or combination of COVID-19 vaccines or 0 doses of a COVID-19 vaccine) at least 14 days before arriving in Nova Scotia, you must self-isolate for 7 days and receive 2 negative tests results in order to leave self-isolation after 7 days.
- If you have **not** had any vaccine or have had a first dose less than 14 days before arriving you must isolate for 14 days. Testing at the beginning and end of your isolation continues to be recommended.

\* Tests must be PCR tests — rapid antigen testing is **not** valid for isolation and travel requirements.

### Entering Nova Scotia from outside Canada

All international travellers must follow federal requirements — no quarantine for those that were fully vaccinated at least 14 days before arriving and 14 days of quarantine for all others.

Anyone coming into Nova Scotia and has travelled outside Canada in the 14 days prior, falls under the federal *Quarantine Act* and will first require permission from the federal government to enter the country.

International travellers who are permitted to enter Canada must follow the federal requirements:

- People who were fully vaccinated with a Health Canada-approved vaccine at least 14 days before arriving in Canada do not have to quarantine. They must still meet other federal requirements.
- People who were not fully vaccinated at least 14 days before arriving must quarantine for 14 days total in Canada and meet other federal requirements, including testing.
- In addition to federal processes, international travellers need to follow Nova Scotia travel requirements, which can be found here: [novascotia.ca/coronavirus/travel/](https://novascotia.ca/coronavirus/travel/).

**Nova Scotia Health provides free testing to manage the pandemic in Nova Scotia. If you need specific documentation for travel purposes you may need to contact a private company to arrange testing. If you are an international visitor, we are not able to provide documentation of your test results. It is the travellers responsibility to know what is required from their airline and/or destination and arrange alternate testing.**

For full details on federal travel regulations, please visit [travel.gc.ca](https://travel.gc.ca)



### Travelling with children

**Children under the age of 18** follow the same isolation as the least vaccinated adult in the group. If that child is more vaccinated than the parent/guardian they are travelling with, the child isolates based on their own vaccination status.

**Children who are 5 and older** who are following the isolation requirements of a parent/guardian who is only partially vaccinated need two negative test results to stop isolating after 7 days.

Nova Scotia has many testing locations across the province. COVID-19 testing is free and available for anyone who wishes to get tested. To find a COVID-19 testing centre near you or to book an appointment, please visit [nshealth.ca/coronavirustesting](https://nshealth.ca/coronavirustesting) or call 811.

For more information contact Public Health at 1-800-430-9557 or [nshealth.ca/coronavirus](https://nshealth.ca/coronavirus)

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# How to self-isolate

Self-isolation means staying home and avoiding contact with other people to help prevent the spread of the virus.



## You are required to self-isolate if:

- You have been advised by 811 or Public Health to self-isolate.
- You have symptoms and are waiting for your COVID-19 test results.
- You have tested positive for COVID-19.
- You have been told by Public Health that you may have been exposed and need to self-isolate, even if you have tested negative for COVID-19.
- You have travelled outside Atlantic Canada and are not fully vaccinated.

**More information on self-isolation is available at [novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate](https://novascotia.ca/coronavirus/symptoms-and-testing/#self-isolate).**

### DO

- Stay home (you can go on your deck or balcony or in your yard, but you need to avoid contact with other people)
- Use a separate bedroom and bathroom, if you can
- Have groceries and other supplies delivered
- Limit contact with people you live with as much as possible
- Monitor for symptoms of COVID-19. If you develop symptoms, book another COVID-19 test. You may leave isolation to get tested. **Do not take public transit.**

### DO NOT

- Do not have visitors to your home
- Do not use public transit or taxis
- Do not go to work, school or other public areas
- Do not be in any shared spaces with older adults, or with people who have chronic conditions or a compromised immune system

## If you have or develop symptoms of COVID-19

You must self-isolate pending your test result. If negative, you can stop isolating. If positive, or if you have been identified as a close contact, Public Health will provide further direction.

## If you do not have symptoms of COVID-19

Unless you are an international traveller, you may leave your home for one outdoor outing per day for exercise during your self-isolation period. This outing must be within walking/running distance of your home, for a maximum of one hour. If you are going outdoors, you must **follow the guidelines linked here**. This includes keeping your distance from other people.

**Important Note:** Regardless of vaccination status, household members of an individual who is self-isolating do not have to isolate as long as the individual can maintain separation away from the rest of the household. If this cannot be achieved, the entire household must isolate.



If you or your family are experiencing stress related to COVID-19 and need further support call the **Mental Health Crisis Line — 1-888-429-8167**.