



Travel

Are people allowed into Nova Scotia?

Effective May 10, Nova Scotia's border is closed to everyone except permanent residents of Nova Scotia and people traveling for certain essential reasons (see more below). Starting May 14, they must apply to enter the province via the [Nova Scotia Safe Check-in](#) and wait for approval before they travel.

Most people are not allowed to move to Nova Scotia at this time. Most people cannot come here to work or visit.

People will be turned away if they do not meet this criteria 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'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.

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. 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.

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.

How long will border restrictions be in place?

The restriction for essential travel is in place until at least the end of May, and it could be extended.

Further, as the pandemic evolves, our public health measures also evolve. We anticipate most of our public health measures to remain in place until the majority of our population has been vaccinated. That is likely to include some form of border restrictions.

When there are changes in public health measures, they are announced publicly.

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
- certain [essential health care professionals](#)
- 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?

Nova Scotia's border is closed to everyone except permanent residents of Nova Scotia and people traveling for certain essential reasons (see more below). This includes people coming from PEI and Newfoundland.

People will be turned away if they do not meet this criteria 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.

Effective May 14, permanent residents of Nova Scotia and people [traveling for essential reasons](#) must apply to enter the province via the [Nova Scotia Safe Check-in](#) and cannot enter until they receive 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.

Why do people have to apply to travel to Nova Scotia?

We are limiting who enters Nova Scotia to protect our citizens and health-care system from COVID-19. This application process will give travelers certainty before they leave that they are able to enter the province. People who meet our criteria to enter Nova Scotia will have no problem getting through the approval process.

What do I do if I already completed the Nova Scotia Safe Check-in but haven't traveled yet?

People who have already completed the Nova Scotia Safe Check-in before May 14 do not have to re-apply if they are traveling up to and including May 19.

Starting May 20, only approvals through the new process will be accepted at the border.



If your travel date is May 20 or later, you will need to [unsubscribe](#) from your first check-in form and complete a new [Nova Scotia Safe Check-in](#) form to apply for approval to travel.

How does the Nova Scotia Safe Check-in work?

Permanent residents of Nova Scotia and people who meet our [criteria for essential travel](#) can apply to enter the province by completing the [Nova Scotia Safe Check-in](#) form.

You should apply about a week before you intend to travel. Please do not apply more than 2 weeks in advance – if you do, your application will not be reviewed right away because we have to prioritize people who are planning to travel sooner than you.

You cannot enter the province until you receive approval. You should not start traveling until you receive approval.

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.

Applications for child custody visits and exempt travelers (such as military, first responders, airline crew and people accessing essential health services) will be approved automatically via email. All other applications will be reviewed within 3 business days.

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](#).

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](#).

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.

I've completed the Nova Scotia Safe Check-in before. What will be different?

Child custody

If you are completing the check-in form for child custody travel, there is no difference. You will receive an automatic approval via email that you show to our border officials, along with your custody agreement (either a legal or court ordered agreement or an informal written agreement).

Exempt travelers

If you are completing the check-in form as an exempt traveler (someone who follows the [exempt traveler protocol](#)), there is no difference for most people. You will receive an automatic approval via email that you show to our border officials, along with documentation proving your reason for travel.

If you are moving to Nova Scotia with your family because you are being posted here as an essential health care worker or as a member of the Canadian military and defence team personnel, RCMP, Coast Guard, Canadian Border Services Agency or Canadian Security Intelligence Service, you will need to



include your family in your application. You will receive an automatic approval via email that you show to our border officials, along with documentation proving you are being posted to Nova Scotia.

All other travelers

For everyone else, the information you enter will be the same as before. If you are permitted to move to Nova Scotia with your family, you will need to enter their information on your form as well.

You will not receive an automatic approval (unless you are just traveling through Nova Scotia to another destination). Instead, you must wait up to 3 business days for your application to be reviewed. We may contact you if we need more information. If you are approved, you will receive an approval letter via email that you will need to show our border officials, along with documentation proving your essential reason for travel to Nova Scotia.

Do people who are exempt or have an exception need to complete the Nova Scotia Safe Check-in?

Most exempt travelers are required to apply via the [Nova Scotia Safe Check-in](#) form as per the [exempt traveler protocol](#). The following exempt 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 with compassionate exceptions
- essential health care workers who are doing locums or other short-term support work

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.

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 move to Nova Scotia when they are posted there?

At this time, members of these agencies are not permitted to enter Nova Scotia for house hunting. When they are posted to Nova Scotia, they and their families are permitted to enter. They must apply via the [Nova Scotia Safe Check-in](#) and 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](#). 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 anyone other than military etc bring family with them when they come to Nova Scotia?

Permanent residents of Nova Scotia, people coming for essential health care worker jobs and students coming to study in Nova Scotia can bring their spouse/partner and dependent children if they are all coming at the same time. They cannot bring extended family, such as parents.

The permanent resident, health care worker or student must include their family members on their [Nova Scotia Safe Check-in](#) form when they apply and wait for approval before traveling. They must all self-isolate for 14 days upon arrival.

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 until at least the end of May. People cannot use the NS NB 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 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 people still travel between Nova Scotia and New Brunswick for work or school?

People can follow the [NS-NB travel protocol](#) only if they have to travel for work, school or child care (ie, a child in daycare). 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.

We are asking everyone to avoid unnecessary travel, so please consider whether your travel is truly necessary. Also you need to check whether New Brunswick will allow you to enter.

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.

I completed my application through the Nova Scotia Safe Check-in but my situation is urgent and I haven't heard back. What can I do?

Your application will be reviewed within 3 business days. That said, if you applied for a travel that is several weeks or months away, please understand that we have to prioritize applications for more imminent arrival dates and you may need to wait longer.

If you are approved, you will receive an approval letter via email that you must show border officials, along with proof that you are a [permanent resident or you are traveling for an essential reason](#).

If your application is denied, that is a final decision. It cannot be appealed.

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.

My application was denied. How can I appeal?

If your application is denied, that is a final decision. It cannot be appealed.

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

People are permanent residents if they 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

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. You are not permitted to come to Nova Scotia at this time to stay at your cottage for the summer, to move to a home that you already own here, or to move in with extended family who live here.

Can people still move permanently to Nova Scotia?

We are currently not allowing most people to move to Nova Scotia. This restriction will be in place until at least the end of May. Please check our [website](#) for updates.



I've already sold my home or given notice on my lease but I don't meet your criteria and I have nowhere to go. What do I do?

We are considering exceptions for people who have:

- a purchase or sale agreement for a property purchase in 2021 showing that an offer has been accepted on or before April 21 and closing date is on or before May 20
- a minimum one-year lease signed on or before April 21 and beginning on or before May 20
- a letter of acceptance for new employment in Nova Scotia that cannot be done virtually or deferred; the letter must be dated on or before May 7

You can also ask for an exception if part of their immediate family (spouse/partner and/or children) has recently moved to Nova Scotia and you are joining them.

Please see instructions for [how to apply for an exception](#). You should not start traveling to Nova Scotia without having received an exception. If you receive an exception, you must self-isolate for 14 days upon arrival.

If you do not have this documentation, you cannot move to Nova Scotia at this time. We understand this change in our border policy will disrupt people's plans. However, it is necessary to protect our people and our health care system. This restriction will be in place until at least the end of May. You will have to make other arrangements. Please check our [website](#) for updates.

My family is in the process of moving to Nova Scotia in stages. Some of us are already here, can the others come?

If part of your immediate family has already recently moved to Nova Scotia, then the rest of your family can apply for an exception to join you. They must be able to demonstrate that they are joining immediate family (ie spouse/partner, dependent children) who only recently moved here. You cannot come to Nova Scotia to move in with extended family who have been living here for some time. Please see instructions for [how to apply for an exception](#). You should not start traveling to Nova Scotia without having received an exception. You must self-isolate for 14 days upon arrival.

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

You cannot move to Nova Scotia at this time to move in with extended family. We understand this change in our border policy will disrupt people's plans. However, it is necessary to protect our people and our health care system. This restriction will be in place until at least the end of May. You will have to make other arrangements. Please check our [website](#) for updates.

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?

Currently, we are not giving exceptions for funerals. We will consider requests for exceptions to be with an immediate family member at end of life. If your request is approved, you would be allowed to 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 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 requested an exception but I haven't heard back and my situation is urgent. What can I do?

Your request for an exception will be processed as quickly as possible. That said, if you applied for a travel that is several weeks or months away, please understand that we have to prioritize applications for more imminent arrival dates and you may need to wait longer.

If you are approved for an exception, you will receive an approval letter via email that you must show border officials. You cannot enter the province until you receive approval. You should not start traveling to Nova Scotia unless you have approval.

If your application is denied, that is a final decision. It cannot be appealed.

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

My application was denied. How can I appeal?

If your application is denied, that is a final decision. It cannot be appealed.

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

Yes. Physicians and other essential healthcare workers who have gone through the federal process to enter the country and are being hired in Nova Scotia do not need to complete the check-in form. Under the federal Quarantine Act, they must still complete their 14 days of quarantine in Canada.

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.

Can I come to Nova Scotia to house hunt?

No. This is not considered essential travel. Currently, this restriction also applies to Canadian military and defence team personnel, RCMP, Coast Guard, Canadian Border Services Agency, and Canadian Security Intelligence Service.

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.



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. Your application will be reviewed within 3 business days. 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	<ul style="list-style-type: none">• permanent residents of Nova Scotia who traveled for non-essential reasons• people who approved to move to Nova Scotia

<ul style="list-style-type: none"> • post-secondary students returning to their primary or family residence in Nova Scotia 	
ISOLATION REUQUIREMENTS	
<p>Completely separate living space but can share a bathroom if necessary:</p> <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) ○ 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 	<p>Completely separate living space with their own bathroom (ie no shared living spaces at all):</p> <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) ○ 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
<p>If this cannot be accomplished, the entire household must isolate along with the traveler or the traveler must find another place to isolate.</p> <p>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.</p> <p>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.</p>	
<p>The travelers below have either a modified form of isolation or conditions to be met in their respective travel protocols:</p> <ul style="list-style-type: none"> • 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 (these answers are based on a person who are permitted to move to Nova Scotia)

If I am moving from New Brunswick to Nova Scotia, can I follow the NS-NB 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?

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](#).

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.

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. They must fully isolate until they get their first negative test result in Nova Scotia. They can only leave isolation for mandatory testing or medical emergencies.

Once they have their first negative test result, they can switch to modified self-isolation, as long as they are not coming home from outbreak zones. This includes contact with people in their households and going for medical appointments like vaccination.

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](#).

What happens when rotational workers return home from outbreak zones?

Rotational workers who are returning home from outbreak zones cannot do the modified form of self-isolation. They must self-isolate for 14 days in a completely separate space from their households, but because we consider this essential travel, they can share a bathroom with others as long as it is cleaned between uses. If that can be accomplished, the rest of their household does not have to isolate with them.

Except for their mandatory COVID-19 testing and vaccination, they cannot attend medical appointments unless there is an emergency. Outbreak zones are listed in the rotational worker stream of the Nova Scotia Safe Check-in.

Rotational workers who arrived from outbreak zones before May 7 can continue their modified self-isolation. The next time they come home, they will need to fully isolate if this restriction is still in place.

What are the outbreak zones that rotational workers might be coming from?

Currently, rotational workers cannot do the modified form of self-isolation if they are returning home from the following are outbreak zones:

- Baffinland Mary River Mine – Nunavut
- CNRL Albion Oil Sands Site – Alberta



- CNRL Jackfish – Alberta
- Cenovus Foster Creek – Alberta
- Cenovus Sunrise Lodge – Alberta
- CNOOC Long Lake Lodge – Alberta
- IOL Kearl Wapasu Oil Sands Site – Alberta
- Canadian Natural Resources Horizon Oil Sands Site – Alberta
- Syncrude Aurora- Alberta
- Syncrude Mildred Lake Oil Sands Site – Alberta
- Suncor Base Plant- Alberta
- Suncor Firebag – Alberta
- Suncor Fort Hills – Alberta
- Suncor MacKay River – Alberta
- Michels Canada – Alberta
- Oilsands Industrial Lodge – Alberta
- Royal Camp Services – Alberta
- MEG Energy – Alberta
- BC Hydro Site C project – British Columbia

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?

People who have recovered from COVID-19 must self-isolate after travel to Nova Scotia. We are not giving exceptions based on presumed immunity at this time, but we will consider an exception to mandatory testing for rotational workers for a number of weeks.

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.

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.

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.