

Self-isolation requirement for non-essential travel

What are the changes?

Effective November 9, if a person travels for non-essential reasons and enters Nova Scotia from outside Atlantic Canada, they must self-isolate alone or with others who are self-isolating for the same period of time. If there are other people in the home, they must self-isolate for 14 days as well. Nobody in that home can leave the property for 14 days and they cannot have visitors.

Why is this coming into effect now?

With cases of COVID-19 rising, particularly due to travel, we are asking people to avoid all non-essential travel into and out of the Atlantic provinces. We are asking people to focus on protecting others.

What does non-essential travel mean?

We ask people to honestly consider if travel is absolutely necessary. We recognize this approach may create challenges. However, our aim is to keep Nova Scotians safe as we see a sharp rise in the number of COVID-19 cases outside the Atlantic bubble.

Examples of non-essential travel include vacations, visits, picking up or dropping off non-essential items, and so on. Examples of essential travel include certain types of work (like exempt, rotational or specialized workers) or attending an immediate family member's funeral.

If 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 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.

Is this retroactive? I have someone staying with me now who is self-isolating.

No, this is not retroactive. If someone is part way through their self-isolation as of November 9, others in the home do not need to self-isolate. Everyone must monitor themselves closely for symptoms of COVID-19, immediately self-isolate if they feel unwell, and 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.

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.

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.

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.

Does this apply to international travelers entering Nova Scotia from outside Canada?

Anyone coming from outside of Canada falls under the federal Quarantine Act and will require permission from the federal government to enter the country. They must follow self-isolation requirements in the Quarantine Act. It does not require the entire household to self-isolate with the traveler. Contact Canada Border Services Agency at 1-888-957-7224 or tccu-ustcc@cbsa-asfc.gc.ca for information.

Does this change anything for someone who has a modified form of self-isolation?

There are no changes for:

- specialized workers who must self-isolate when they are not performing their critical, urgent work
- people who have exceptions to attend a funeral or be with an immediate family member who is nearing end of life but must self-isolate when not doing these activities

Does this apply to rotational workers?

Rotational workers continue to have modified self-isolation, which includes contact with people in their households until further notice.

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

Does this apply to people who are exempt under the order like truckers, military, etc.?

There are no changes for people who are exempt from self-isolation under the public health order, 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 a member of the exempt worker's household chooses to travel for non-essential 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.

I have a child custody arrangement with the child's parent outside of Atlantic Canada. What does this mean for me and my child?

There are no changes for people who are exempt from self-isolation under the public health order, such as those who are fulfilling a child custody arrangements or court ordered agreement.

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 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 coming to visit a child, they must complete the [Nova Scotia Safe Check-in](#) and they must self-isolate for 14 days upon arrival. Please read our information about [how to self-isolate](#).

If I self-isolate in someone's house but don't have any contact with them, can they go out in the community?

If you are sharing any living spaces, then everyone in the home must self-isolate for 14 days along with you. Nobody is allowed to leave the property.

If there is a completely separate living space with a bathroom where you can self-isolate, then the rest of the household does not have to self-isolate and is free to go to work, school, day care, grocery store, for a walk, etc.

Someone in my household is waiting for test results but we did not travel. Is the entire household required to self-isolate?

No. If someone in a home is waiting for a test result, other people who live there are not required to self-isolate.

I was planning on self-isolating at a friend/family member's house, now I don't have anywhere to self-isolate. What can you do to help?

We are asking people to avoid non-essential travel to Nova Scotia. If you are travelling to Nova Scotia for non-essential purposes, you and everyone in the household where you stay will be required to self-isolate for 14 days, unless there is a completely separate living space with a bathroom where the traveler can self-isolate.

My employer is saying that because I have someone self-isolating in my home who arrived before November 9, I cannot report to work. Can they do this?

While this new requirement is effective November 9, employers are free to set more stringent policies for their staff.

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.

I have travel plans to Nova Scotia and I've completed the NS Safe Check-In form, but I want to cancel my trip. How can I delete my form?

If you have changed your travel plans and are no longer entering Nova Scotia, you can [unsubscribe](#) from the daily email check-in. You will need the email address you used to fill in the Nova Scotia Safe Check-in form and the ID number you received once you completed it.