

Mandatory masks

Where are masks mandatory?

Non-medical masks are mandatory for employees, customers and the general public in the following indoor public places:

- retail businesses
- shopping centres
- personal services businesses such as a hair and nail salons, spas, body art facilities, except during services that require removing a mask
- restaurants and licensed establishments, except while you are seated and eating or drinking
- places of worship or faith gatherings
- places for cultural or entertainment services or activities such as movie theatres, concerts, and other performances
- places for sports and recreational activities such as a gym, pool, or indoor tennis facility, except during an activity where a mask cannot be worn
- rental halls or rooms for special events such as conferences and receptions, faith gatherings, weddings and funerals, and arts and culture events
- municipal or provincial government locations offering services to the public
- common areas of tourist accommodations such as lobbies, elevators and hallways
- common areas of office buildings such as lobbies, elevators and hallways, but not private offices
- public areas of a university or college campus such as library, student union building or common areas of a faculty building, but not classrooms, labs, offices or residences
- train or bus stations, ferry terminals, and airports
- common areas of apartment or condo buildings
- in line ups (both indoors and outdoors) to enter retail locations
- indoor childcare settings for staff, visitors and children over two years
- outdoors where physical distancing cannot be maintained, including playgrounds and parks
- in private indoor workplaces such as offices or warehouses, masks are mandatory in all common areas, places where there is interaction with the public, areas with poor ventilation, and areas where distance cannot be maintained
- patios at restaurants and licensed establishments, except while you are seated and eating or drinking
- public markets
- special events, temporary events and festivals

Masks are mandatory for drivers and passengers on:

- municipal transit buses and ferries
- school buses
- motor coaches (except those that provide charters or tours)
- community transit vehicles
- private taxis and shuttles

For the purposes of this requirement, public transportation does not include:

- private vehicles for transporting employees
- provincial ferries, such as the ones at Englishtown and LaHave
- ferries between Nova Scotia and New Brunswick, PEI, and Newfoundland

Why are you requiring masks at organized outdoor gatherings?

Masks are required at outdoor gatherings such as public markets, special events and festivals because there is an increased potential that people cannot maintain physical distancing at all times.

Do you only need to wear a mask inside a restaurant or bar, or does it also apply to patios or outdoor eating establishments?

The mask requirement is now the same indoors and outdoors at restaurants and licensed establishments. Masks must be worn while you are waiting to be seated, entering and exiting the patio, and going to the bathroom. You can remove your mask when you are seated and eating or drinking.

What does ‘indoor public places’ mean?

Indoor public places means places where the public is fully expected to be or has ready access to. See the full list and further explanation below.

How is government helping them businesses with the mask requirement? Should businesses and workplaces put up signs saying masks are mandatory?

We have provided on [resources](#) to help owners of affected public places to communicate that masks are mandatory in their spaces.

What about people who can’t afford a mask or who forget theirs?

Many masks are very affordable, but we are looking at ways to make sure people are able to access a mask regardless of their situation. We’ve provided some supplies to public transit, taxis, and others. If you can’t buy or make a mask, you can get free reusable masks through library and museum locations around the province. We provided some to small businesses so they can distribute to people who have difficulty accessing one.

How will this be enforced? Are there fines for not wearing a mask?

We are taking a cooperative and positive approach to mandatory masking rather than an enforcement approach. We know the vast majority of Nova Scotians are doing the right thing and wearing one. People should also be aware that businesses have the right to refuse them entry or refuse to serve them if they don’t follow the rules, always with allowances for the small number of people with valid reasons for not wearing a mask.

What happens if someone refuses to put on a mask or takes it off once they go inside? Can they be refused service or kicked out?

Businesses, workplaces, and other owners can develop their own policies and procedures. They can choose to refuse entry or service to people who are not following the rules.

What parts of a space can a retail business consider private?

Some businesses have both public and private spaces. For example, the public has access to a clothing store but does not have ready access to the stock room or back office. They have access to the showroom or waiting area at a car dealership but they do not have access to the bay where mechanics

work. The mask requirement applies to the spaces the public has ready access to, not the private spaces. Business owners/employers can choose to set their own policies for private spaces.

Does every single office worker need to wear a mask? What if you're alone in your office with the door closed? What if your cubicle is 2 metres away from the next one?

In private indoor workplaces such as offices or warehouses, masks are mandatory in all common areas, places where there is interaction with the public, areas with poor ventilation, and areas where distance cannot be maintained

If you have plexiglass in place as a barrier, do you still need to wear a mask?

Yes. While the plexiglass provides an immediate barrier if someone coughs toward it, the virus can still move in the air around it. This is the case in buildings and vehicles where plexiglass is installed (unless it is 100% sealed, which is not typical). So masks are still necessary to protect everyone.

Are masks required in the common areas of private building, like a manufacturing facility?

Yes, they are required in private indoor workplaces such as offices or warehouses, masks are mandatory in all common areas, places where there is interaction with the public, areas with poor ventilation, and areas where distance cannot be maintained.

Are masks mandatory in lobbies, elevators and hallways of apartment and condo buildings?

Yes.

What are common areas of university or college campuses where masks are required?

Masks are required in common areas that the public has access to like the library, student union building, and common areas of a faculty building. Under the public health order, they are not required in classrooms, labs, offices, or residences. Check with the university or college about its mask policy.

Do you need to wear a mask at an indoor church or community supper?

Yes, you could remove your mask when you are seated and eating, but otherwise must keep it on while you are in this place.

Do you have to wear a mask if you're involved in a court proceeding?

Masks are not required in a courtroom but are required in common areas outside the actual courtroom.

Isn't it unsafe to wear a mask if you're getting your heart rate up at the gym or during a sports practice?

If you're at an indoor public place and you're doing a physical activity where a mask cannot be worn, you can remove your mask for the duration of the activity, but you must wear it at all other times in the facility.

Doesn't that mean you could remove your mask for just about any indoor sport or any physical activity at the gym?

There are all kinds of physical activities that you can do while wearing a mask and some where you cannot. People need to use common sense.

How can you wear a mask in a pool? Wouldn't that be unsafe? If you can take it off to go in the pool, where do you put it?

You are not required to wear a mask in the pool, but you must wear it at all other times in the facility. Managing how this is done is up to the facility.

If you rent a room (such as at a hotel) for private business meeting, are masks required? What about if you're renting it for a large wedding reception?

If you rent a public space for a private meeting and you only have 10 people, then they can remove their masks but must ensure physical distancing.

Masks are required if you are renting a space to host special events like a conference or reception, arts and culture events, and faith gatherings, weddings or funerals.

Are masks required in a tent for a wedding reception or other special event (with or without sides)?

If the tent is set up for special events, festivals or other gatherings where the general public is expected to be and it is difficult to maintain physical distance, then it is a public space and masks are required.

If the tent is set up on a person's private property for an invitation-only event, then it's not a public space. Masks are not mandatory but they are strongly recommended because it can be difficult to maintain physical distance at larger private gatherings.

Do people have to wear a mask while they are waiting for a bus, or just when they get on one?

We strongly recommend people wear masks when physical distancing is difficult. At some bus stops, especially inside and around main terminals, there can be a lot of people so even if you are waiting outside, you should wear a mask. If there are very few people and lots of room for distancing, you don't need to wear the mask while you wait.

Are masks mandatory for people in their own private vehicles? What about people carpooling?

People do not need to wear a mask in their own private vehicles. We would strongly recommend that they do if they are carpooling or if they need to drive someone who is not in their household or close social group.

Are masks mandatory for limos and other car services?

Yes, we consider limos and other car services to be the same as taxis.

With the barber and cosmetology sector plans, clients can remove their masks for a beard trim or a facial. Will those services continue with mask removed? Or will these services no longer be allowed?

People can remove their masks to get these services. This is addressed in the reopening plans for these types of businesses.

Do you have to wear a mask through an entire performance or movie or bingo? What about eating snacks at the movies?

Yes, you must keep your mask on at these venues, but you can remove it while you are eating or drinking.

Do you have to wear a mask if you're leading a faith service or performing music or in a play?

Officiants and performers are exempt from wearing a mask while they are performing, talking or singing at faith gatherings, social events, special events, weddings and funerals, or arts and culture events. This does not apply to participants or audiences at the event.

Can we sing in church now that everyone has to wear masks?

Singing in groups is still a high risk activity and we continue to discourage it, even with masks.

Does everyone at a wedding have to wear a mask? Including the bride and groom? What about for their wedding photos?

Masks can be temporarily removed for ceremonial reasons such as a bride and groom during their marriage ceremony or wedding photos.

If you're only interacting with your family or close social group at a gathering or in a public place, can you remove your mask?

You must keep your mask on because when there are other people around, it can be difficult to ensure physical distancing between your group and others.

If you're trying on clothes in a fitting room in a store, do you have to wear a mask? What if it comes off when you're changing?

You must wear your mask in the fitting room. If it comes off, put it back on.

If you are trying on glasses frames, do you have to wear a mask? Wouldn't the elastics around your ears get in the way of getting the right fit?

Optometrists have a plan for operating safely that addresses this situation.

How do you receive communion at church if you have to wear a mask? Can you take it off for that?

Masks can be temporarily removed for ceremonial reasons such as communion.

Can a business ask you to remove your mask for identification purposes?

Yes, businesses are allowed to ask and people are allowed to comply by momentarily removing their mask.

Can you take your mask off in a government office to get your drivers license? What about a photography business to get a passport photo taken?

Yes, a government office/photography business will instruct you when it is safe and appropriate to remove your mask in order to obtain a photo for identification purposes. Physical distancing must be maintained while the photo is being taken.

What if the environment is noisy and you can't make yourself heard without taking off your mask?

You must wear your mask. If the environment is noisy, you can move to a quieter location to make yourself heard.

If you are with people who, for various reasons, need to see your mouth moving while you speak, do you have to wear a mask?

If you are in place listed in the public health order, you must wear your mask. Window model masks must include at least two layers of tightly woven material fabric (like cotton or linen) surrounding the plastic. There are window model masks available for purchase and also instructions on how to make one here: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/wearing-a-face-covering-in-public-settings-in-the-context-of-the-covid-19-pandemic/#c60636>

Do children have to wear masks?

Children under two are exempt, as well children aged two to four when their parent or caregiver cannot get them to wear a mask. Parents and caregivers are encouraged to help their children become comfortable with wearing a mask. There are some helpful tips here:

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/05/helping-kids-get-used-to-seeing-and-wearing-masks>

Are masks required in schools, daycares and day camps?

Masks are mandatory for all students at public schools as well as indoor childcare settings for staff, visitors and children over two years. This also applies to child care settings and day camps. Masks are not required while eating or drinking or during physical activities where a mask cannot be worn. Non-medical masks are also required on public transportation including school buses and when school-aged children are being transported by a child care setting.

What are medical reasons for not wearing a mask?

There is a relatively small number of valid medical reasons to not wear a mask. The Canadian Thoracic Society states that there is no evidence that wearing a mask worsens a chronic lung condition such as asthma or COPD.

For some people with chronic breathing conditions or mental health conditions, wearing a mask can create anxiety. In many cases, there are ways to overcome anxiety such as practicing wearing a mask for short periods of time at home. We recognize this won't work for everyone.

There are also some people with cognitive or developmental disabilities who are unable to wear a mask.

What are some ways that businesses can accommodate people who can't wear a mask?

Businesses are likely able to find solutions that work in their settings if they talk to their customers about possible options. For example, if physical distancing is possible, you could simply let the person enter and remind them to follow your measures for physical distancing. In some cases, it might make sense to book an appointment.

Some people say wearing a mask can make you sick, like inhaling too much carbon dioxide or not getting enough oxygen. Is there any truth to that?

That is absolutely false. Other than children under two and people with a valid medical reason for not wearing a mask, there is no health hazard associated with wearing one. Medical professionals and others wear masks all day, every day. There is no reason why the majority of Nova Scotians can't wear one for shorter periods of time.

Can you get a document to show proving that you have a medical reason for not wearing a mask?

We will not issue or ask for a medical certificate so please do not go to your doctor's office asking for one. Please do not look for reasons to not wear a mask. Likewise, please accommodate people and employees who cannot wear a mask and do not require them to have a document confirming it.

Please be aware of a fake document that is circulating that suggests it is proof from public health officials that the bearer cannot wear a mask. No public health agency has authorized this document.

What constitutes a non-medical mask? Could anything that covers the nose and mouth be accepted?

We encourage using a traditional non-medical mask that fits your snugly against your face and is held on with loops around your ears or ties around your head. There are many local suppliers making and selling them, and while prices vary, some are quite economical. You can also make one, the Public Health Agency of Canada offers instructions: <https://www.canada.ca/en/public-health/services/diseases/2019->

[novel-coronavirus-infection/prevention-risks/sew-no-sew-instructions-non-medical-masks-face-coverings.html](https://www.nova.edu/health-services/prevention-risks/sew-no-sew-instructions-non-medical-masks-face-coverings.html)

How many layers does a non-medical mask need to be effective?

A mask with three layers of material is best but masks with two layers are still effective and people should continue to wear them. Some masks have a pocket for a filter (it can even be a piece of paper towel) to provide an additional layer. There is more [mask information](#) on our website.

How do you properly wear a non-medical mask?

People should learn how to put on and take off a mask safely. When wearing a mask, you should:

- check the mask for tears or holes
- make sure the mask is clean and dry
- wash your hands or use alcohol-based hand sanitizer before and after touching the mask
- make sure your hair is away from your face
- use the ear loops or ties to put the mask over your nose and mouth and secure to your head or ears with its ties or elastics
- check that the mask fits snugly to the cheeks and fully covers your nose and mouth (there shouldn't be any gaps)
- avoid touching your face

When removing a mask, you should:

- wash your hands with warm water and soap for at least 20 seconds or use alcohol-based hand sanitizer containing at least 60% alcohol
- remove the mask by un-tying it or removing the loops from your ears
- avoid touching the front of the mask

What do you do with your mask while you're not wearing it?

After wearing your mask, inspect it for tears or holes. If it's damaged, put it in the garbage – please do not litter. When your reusable mask becomes damp or dirty, wash it with hot, soapy water and let it dry completely before wearing it again. You can include a cloth mask with other laundry. Store your mask in a clean place until you need to wear it again.

Can you wear a face shield in place of a non-medical mask?

No, for the purposes of this new rule, a face shield cannot be worn instead of a non-medical mask. This is because a face shield protects the wearer's eyes, but it does not protect other people if the wearer coughs or sneezes. A face shield and mask can be worn together, but most Nova Scotians are not going to be in situations that warrant wearing both.

How do you prevent glasses from fogging up while you're wearing a mask?

If your mask doesn't fit your face well, warm air is likely to escape and fog up your lenses, so it's important to get a good fit. If there's a metal strip across the nose, pinch it to fit the shape of your nose. If the straps are adjustable, use them to tighten the sides. An anti-fogging solution or even gently washing your glasses with soap and water may help. Pushing your glasses forward on your nose will allow more air to circulate. You can also try pulling your mask up over your nose and rest your glasses on

top of it to block the air from escaping. If you try this, make sure your mask still fits properly over your face. Your nose and mouth should be completely covered.

If you're wearing a mask, does that mean you don't have worry about other public health measures?

No, masks need to be used as part of the package of personal protective measures: stay home if you feel unwell, wash or sanitize your hands often, use proper cough and sneeze etiquette, physically distance as much as possible, avoid touching your face, mouth, nose and eyes, limit the number of people you get together with, and clean high-touch surfaces and objects frequently.

What is the latest evidence or guidance on masks?

Our move to mandatory masking is consistent with updated guidance from the World Health Organization which supports masking as part of a multi-faceted public health approach to prevent the spread of the COVID-19. The guidance as updated in June 2020 is available at:

[https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-outbreak](https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak)

If I'm required to wear a mask in the workplace, who pays for it?

When an employer is requiring employees to wear a mask as a result of an order by the Chief Medical Officer of Health, the employer is responsible to provide the equipment.

Who do you complain to if you see people not following this rule?

First, masks are an important part of the whole package of public health measures that help prevent the spread of COVID-19. We ask all Nova Scotians to follow the law. It's how we protect each other.

Second, if you see someone not wearing a mask, do not assume that they are breaking the rules when you don't know the facts of the situation.

If you feel it's important, you could take the issue to the owner of the public place. If the issue is not resolved, you could contact the industry/sector association if there is one to learn about what is included in their reopening plan. Lastly, you could contact the Safety Division at the Department of Labour and Advanced Education at 1-800-952-2687 or laesafetybranch@novascotia.ca .

Who does an employee complain to if customers or other employees aren't following the rule?

An employee should bring any issue about workplace safety to his or her OHS committee if there is one, or to their employer. If the issue is not resolved, they can contact the Safety Division at the Department of Labour and Advanced Education at 1-800-952-2687 or laesafetybranch@novascotia.ca .

Can my employer require proof that I have a valid medical reason for not wearing a mask? Can I be fired if I don't provide proof and come to work without a mask?

Businesses need to accommodate people with valid medical reasons for not wearing a mask. We are asking employers to take people at the word and not require proof of a medical condition. If you have talked about this with your employer and you still have concerns, you can contact the Safety Division at the Department of Labour and Advanced Education at 1-800-952-2687 or laesafetybranch@novascotia.ca .

What are the municipal transit systems that the mask requirement applies to?

- Halifax Transit
- CBRM Transit

- Kings Transit
- Bridgewater Transit
- Town of Yarmouth Transit
- Antigonish Community Transit Society
- Strait Area Transit

What are the community transit systems that the mask requirement applies to?

- Antigonish Community Transit Society
- Bay Rides
- CHAD Transit
- Colchester Transportation Cooperative Ltd
- Cumberland County Transportation Society
- East Hants Community Rider
- H.O.P.E. Dial-a-Ride
- Kings Point-To-Point Transit
- La Transport de Cheticamp
- Le Transport de Clare
- Municipality of Chester Community Wheels
- MusGo Rider
- MusGo Rider Valley-Sheet Harbour
- Queens County Transit
- Sou West Nova Transit
- Strait Area Transit
- Trans County Transportation Society
- Victoria County Transit
- West Hants Dial-a-Ride

Why not make masks mandatory on provincial ferries (Englishtown, LaHave, etc) or on ferries to and from Nova Scotia?

There are options on these ferries to stay in your car or maintain physical distance from other people. Masks are mandatory on transit ferries like the ones that cross Halifax Harbour.

Why not make masks mandatory for employers who transport workers with their own private buses or other vehicles?

We are not making masks mandatory in this setting but we do strongly recommend them. Employers may choose to require masks under a specific work protocol.

Where can I get more information about masks?

Visit the mask section of our website at <https://novascotia.ca/coronavirus/masks/>

We are adding resources to help at <https://novascotia.ca/coronavirus/resources/>



Restrictions

What areas do the extra restrictions apply to? How long are they in effect?

Effective April 28 at 8 a.m., there are the same restrictions provincewide until at least May 12.

What are the restrictions?

Gatherings, schools and daycare

- Nova Scotians can only gather indoors or outdoors with their household bubble, which is the people they live with
- households of 1-2 people can socialize with 1-2 others but they must be the same people for this 2-week period
- no unnecessary travel between communities (ie the municipality where you live or as close to home as possible when accessing essential or necessary services or products)
- all public and private schools are closed
- day cares will remain open, with the focus on providing service to those providing essential services or have no other child-care option; essential workers who need help to access childcare supports can contact ECDSERVICES@Novascotia.ca or call 1-877-223-9555

Masking

- mandatory masking for staff, visitors and children over two years old in indoor child-care settings
- mandatory masking outdoors where physical distancing cannot be maintained, including playgrounds and parks
- in private indoor workplaces such as offices or warehouses, masks are mandatory in all common areas, places where there is interaction with the public, areas with poor ventilation, and areas where distance cannot be maintained

Retail and business

- retail stores are closed for in-person service unless those stores provide products or services essential to the life, health or personal safety of individuals and animals. These stores can remain open at 25% capacity and include those that provide:
 - food
 - pharmaceutical products, medicine and medical devices
 - personal hygiene products
 - cleaning products
 - baby and child products
 - gas stations and garages
 - computer and cellphone service and repair
 - electronic and office supplies
 - hardware supplies
 - pet and animal supplies
- restaurants and licensed establishments are closed for dine-in service but contactless take-out or delivery is allowed



- Nova Scotia Liquor Commission stores can remain open at 25% capacity
- personal services such as hair salons, barber shops and spas are closed
- regulated and unregulated health professions can remain open with an approved COVID-19 plan
- Casino Nova Scotia in Halifax and Sydney and First Nations gaming establishments and VLTs must close

Events, recreation, arts and culture

- wedding and funeral ceremonies can have 5 people, plus officiants
- no social events, special events, festivals, arts/cultural events, sports events, faith gatherings, wedding receptions, or funeral visitation or receptions
- no meetings or training except mental health and addictions support groups, which can have 10 people with physical distancing and masks
- virtual gatherings and performances can be held with a maximum of 5 people in one location
- all fitness, recreational and sports facilities are closed
- licensed and unlicensed establishments cannot host activities such as darts, cards, pool and bowling
- businesses and organizations offering a wide variety of indoor recreation activities are closed, such as indoor play areas, arcades, climbing facilities, dance classes and music lessons
- outdoor recreation activities, including individual sports, are allowed and encouraged
- outdoor fitness and recreation businesses and organized clubs can operate with 5 people and physical distancing
- museums, libraries and the Art Gallery of Nova Scotia are closed, but libraries can offer pick-up and drop-off of books and other materials

Long-term care/special care

- there will be no visitors or volunteers allowed inside long-term care facilities except for designated care providers and no visits to the community
- all adult day programs for seniors closed
- all homes licensed by the Department of Community Service under the Homes for Special Care Act cannot have visitors and residents cannot have community access
- all adult day programs for persons with disabilities funded by the Department of Community Services will be closed except for scheduled vaccine clinics at three of these programs

TRAVEL WITHIN NOVA SCOTIA

Can I travel within Nova Scotia? What is necessary travel? What is my community?

People can travel outside their community only when it is absolutely necessary. People need to use common sense about what is necessary and what is their community.

Examples of necessary travel include school, work that cannot be done at home, healthcare, childcare, child custody, legal requirements, securing essential items (such as food, gas, medications), and family visitation under the purview of the Department of Community Services.

You should consider your community to be no further away from your home than necessary to access essential products and services. For example, if there are several grocery stores or gas stations you could choose from, use the ones that are closest to your home.



Can I leave my community for a covid test or for a vaccination appointment?

If you are making an appointment now, you should make it for the location that is closest to your home. If you already have an appointment, you should keep it.

I am moving within Nova Scotia. Can I travel to do this?

Yes, you can move within Nova Scotia.

My work means traveling to many communities. Can I still do this?

We are asking people to only travel if it is absolutely necessary. You need to consider whether this work is absolutely necessary at this time or could it be postponed for 2 weeks.

SCHOOLS AND DAY CARES

What is happening with schools?

All public and private schools across the province are closed effective April 28.

Where can I get more information about what's happening in schools?

All public and private schools across the province are closed effective April 28. Any questions should be directed to your school or regional centre for education.

Are day cares allowed to be open? Why are they open when schools are closed?

Childcare centres remain open to support healthcare and other essential workers who require childcare in order to work.

What are the masking rules for indoor child-care settings? What about schools?

Masks are mandatory for staff, visitors and children who are 2 and older in indoor child-care settings. There is an exemption if a caregiver cannot get a child age 2-4 to wear a mask.

While all schools are currently closed, masking is now required for all grades in public schools, including pre-primary.



GENERAL GATHERING LIMIT

What is the gathering limit/ how many people can you have in your home?

The gathering limit indoors and outdoors is limited to the people you live with.

Smaller households with 1-2 people can socialize with 1-2 additional people, but they must be the same 1-2 people all the time.

What if some of the people are small children or babies, do they count toward the total number of people?

Yes. It doesn't matter how old they are, each person counts.

Can a household of 1-2 people plus their additional 1-2 people get together outside the home?

Yes. For example, they could go for a walk together or support each other to get essentials.

Can kids get together to play?

The gathering limit indoors and outdoors is limited to the people you live with. Smaller households with 1-2 people or less can socialize with 1-2 additional people, but they must be the same two people all the time. For many families, this means children can't get together with their friends for this two-week period.

Can people carpool?

Yes, although you should try to only carpool with your household bubble. If you have no other way to get to work, then you can carpool with other people but you need to keep the group consistent and wear masks.

What can you do to keep your household bubble safe?

- Follow basic public health measures:
 - If you are unwell, stay home
 - Practice good hand hygiene and cough/sneeze etiquette
 - Wear a mask when required and anytime physical distancing is a challenge
 - Avoid touching your eyes, nose and mouth without washing hands first
 - Test tested for COVID-19 regularly
- Understand who is at high-risk/vulnerable and continue to protect them
- Understand your own risk/vulnerability and consider who you are joining a group with
- Maintain physical distancing with anyone outside of your household
- Consider using non-medical masks even when you're not in a place that requires them if there are people in your group who are at higher risk

GATHERING LIMIT FOR EVENTS

Are any community events allowed right now?

Provincewide, we are not permitting events of any kind. That means, for example, no wedding receptions, no funeral visitations/receptions, no community meals or fundraising events, no parties, no sports, no festivals, no special events, no concerts.



Can there be church services or other faith gatherings?

Provincewide, there can be no faith gatherings.

Are weddings and funerals allowed right now?

Provincewide, wedding and funeral ceremonies are limited to 5, plus the officiant. This is the limit no matter where it is held and no matter who hosts it. There can be no receptions or visitations associated with weddings and funerals at this time.

Can there still be gatherings of 50?

No. Across the province, we are eliminating the general gathering limit of 50 for now. At this time, that is too many people to have together without a recognized business or organization overseeing the event and making sure public health measures are followed.

What's the limit for a business meeting or training? Is physical distancing required?

Provincewide, there can be no meetings or training except for mental health and addictions support groups which can have 10 people with physical distance and masks.

BUSINESSES

Does the gathering limit apply to my retail business/office workplace, etc?

Gathering limits do not apply to businesses. Businesses and workplaces need to ensure employees and customers can maintain 2 metres/6 feet physical distance. So the number of people in the space will vary from business to business. If your space is too small for physical distancing, then you can have no more than 5 clients or customers on the premises at a time.

In what parts of a workplace do people have to wear masks?

Masks are mandatory in most [indoor public places](#) – many of which are also workplaces such as bars, restaurants, stores, gyms and more. As of April 27, masks are mandatory in private indoor workplaces provincewide such as offices or warehouses in all common areas. They are mandatory in parts of these workplaces where there is interaction with the public, areas with poor ventilation, and areas where distance cannot be maintained.

Are bars and restaurants allowed to open?

Provincewide, restaurants and bars can offer takeout, delivery and drive through service only. Hotel restaurants can be open for seated service for hotel guests only. Guests who are in quarantine can not go to the hotel restaurant but can get room service.

Are the casino, VLTs and First Nations gaming centres allowed to operate?

Provincewide, Casino Nova Scotia in Halifax and Sydney, VLTs and First Nations gaming centres are closed.

How are fitness and recreation facilities operating?

Provincewide, indoor fitness facilities (like gyms and yoga studios) and recreation facilities (like pools, arenas, tennis courts, and large multipurpose recreation facilities) are closed. Staff can use the facilities to offer virtual sessions with no more than 5 people in one location.



Outdoor fitness and recreation businesses and organized clubs can operate with a maximum of five people and physical distancing. This may not be feasible for all these types of businesses.

Hotel gyms and pools can only be open to guests who are not in quarantine. Use is by appointment only for one person at a time or people from a single room.

Gyms and pools in apartment and condo buildings can be open only to people who live there. These are common areas so masks are required except while in the pool or doing exercise that makes wearing a mask difficult. Building managers should consider setting up an appointment system for using these facilities similar to our requirement for hotels.

What are the restrictions for recreation and leisure businesses? What are some examples?

Provincewide, businesses that offer indoor recreation activities are closed. Some examples include make your own pottery café, rage room, escape room, trampoline facilities, indoor rock climbing, places to play board games, children's play places, dance classes, and music lessons. Staff could use their business premises to offer virtual sessions with no more than 5 people in one location.

What about outdoor recreation and leisure businesses like fitness classes, shooting ranges, golf courses, putting ranges, go-carts, and outdoor adventure?

Outdoor fitness and recreation businesses and organized clubs can operate with a maximum of five people and physical distancing. This may not be feasible for all these types of businesses.

Can personal services businesses be open, like hair salons, barbers and spas?

Provincewide, personal services businesses are closed.

Can retail stores operate?

Most retail businesses in Nova Scotia cannot allow customers in their premises but may remain open for online, delivery, doordside or curbside pick-up services.

What stores can allow people inside?

Retail stores can have customers come inside if they offer products and services that are essential to the life, health or personal safety of people and animals. Businesses that provide the following products and services can operate at 25% capacity:

- food
- pharmaceutical products, medicine and medical devices
- personal hygiene products
- cleaning products
- baby and child products
- gas stations and garages
- computer and cellphone service and repair
- electronic and office supplies
- hardware supplies
- gardening supplies
- pet and animal supplies

These types of businesses must also:

- Ensure customers and staff can maintain physical distance (2 metres/6 feet apart)



- Customers must maintain physical distance and wear non-medical masks when lined up to enter a retail business – both indoors and outdoors
- The business cannot play music louder than 50 decibels so that normal conversation is possible

What's the definition of a retail business?

A retail business is one that engages in the retail sale or rental of items to the public on ongoing basis at a fixed location.

If I have reached my store's maximum occupancy, there isn't enough room for everyone to stay 2 metres/6 feet apart. What should I do?

In this case, you set a lower limit on the number of people who are on the premises at a time to ensure physical distancing.

Can service-based businesses like banks still operate?

Yes, services like banks, lawyers and accountants can remain open for people to come in person. However, there are often virtual ways of doing these types of things and that is encouraged.

Are there rules for shopping malls?

Malls can be open for retail businesses that are allowed to be open at 25% as well as for any businesses that want to provide curbside (ie at their entrance inside the mall) pickup service. In addition to the retail rules outlined above, the following is also required for malls:

- No more than 10 people at a time can line up at a retail business inside the mall and they must maintain physical distance
- People are not permitted to loiter in any area of the mall
- Directional markings are provided to manage the flow of people within the mall
- Furniture in common areas of the mall is removed or inaccessible
- Non-retail public areas in the mall must be closed, other than public washrooms, breastfeeding stations, and hallways that give access to stores
- The mall cannot play music louder than 50 decibels so that normal conversation is possible

Do farm farmers markets and flea markets have to close?

These markets are considered retail operations if they have regular hours every day or week, the majority of their vendors are always the same, and the market serves as their retail outlet. If they provide essential products and services (see above), they can operate at 25% capacity, including vendors and customers. They need a COVID-19 prevention plan. Physical distancing and masks are required.

If the market is not a regular daily or weekly operation, they are considered special events which are not permitted until at this time.

Can car dealerships sell cars in a normal way?

Motor vehicles would not be considered an essential product. Therefore, dealerships cannot have people come to their show rooms or their lots looking at cars and they cannot offer test drives. However, if they can show cars to potential customers in a virtual way and arrange for contactless, curbside pickup for sales, that is acceptable.

Can you have a cleaner come into your home? What about a nanny? What about a plumber, electrician or other service provider?



These types of service providers can enter your home if necessary. People should wear masks, maintain physical distance where possible, and clean high touch surfaces frequently.

Can a landlord show an apartment unit?

If there is a virtual option to show the apartment, that would be ideal. If not, they can still show the apartment. If the tenants are concerned, they could leave the unit while it's being shown. Everyone needs to wear masks and maintain physical distance. High touch surfaces should be cleaned frequently.

Can doctors and dentists offices be open? What about other health professions?

Yes. Both regulated and unregulated health professions can remain open, following their sector's covid prevention plan.

Is NSLC the only place to buy alcohol?

NSLC and its agency stores can operate at 25%. Private wine stores, breweries and distilleries can sell via delivery or curbside service.

ACTIVITIES

What are the restrictions for sports and for arts and culture?

Provincewide, there can be no sports practices, training, games, competitions or tournaments and no arts and culture rehearsals or performances.

Can there be spectators for sports and for arts and culture performances?

Provincewide, there are no activities for spectators to attend in-person. There can be virtual gatherings and performances with a limit of 5 people involved. Masks and physical distancing are required.

Since in-person performances are not permitted, can I do them virtually?

Virtual gatherings and performances can be held with a maximum of five people in one location. Masks and physical distancing are required.

What are the restrictions for school-bases sports and performance arts?

Provincewide, school-based sport and performance arts are following the same rules as non-school sports and performance arts. There can be no sports practices, training, games, competitions or tournaments and no arts and culture rehearsals or performances.

School gyms are closed for community use. Field trips have stopped. All school-organized activities that bring students from different schools together, such as sports and music, have been stopped.

What is the limit for beer leagues and pick-up games and practices?

Provincewide, there can be no sports practices, training, games, competitions or tournaments and no arts and culture rehearsals or performances.

Can after school programs still happen? What's considered an after school program?

After school programs offer care for children from Primary to Grade 6, five days a week for the entire school year. See more in the [Before and After School Programs Guidelines](#). These restrictions don't close after school programs. However, with schools provincewide doing at-home learning, there is no need for after school programs at this time.





Can people get together to play darts, cards, pool, bowling, bingo or karaoke?

Provincewide, licensed establishments and unlicensed establishments (such as community centres and charities) cannot host these activities at this time.

Can libraries, museums or the Art Gallery of Nova Scotia be open?

Provincewide, museums, libraries and the Art Gallery of Nova Scotia are closed, but libraries can offer pick-up and drop-off of books and other materials.

Can there be overnight/sleepover camps such as for Girl Guides or children with disabilities?

We stopped these types of overnight summer camps for youth early in the pandemic. They are still not be permitted for the time being and we recently updated the public health order to reflect this. This does not affect regular camping at campgrounds. It does not affect businesses that offer things like retreats or tours.

Does the general gathering limit apply to day cares, day camps or before and after school programs?

No, the limit of 15 without physical distancing remains in place for these settings. However, with all schools doing at-home learning at this time, there would be no day camps or after school programs running.

How many people can be at a playground? Can 10 kids be in close contact at a playground?

The gathering limits do not apply to people going to parks, beaches, trails, playgrounds, etc for recreation. If a gathering is planned in these spaces, the gathering is limited to the people you live with.

Children at a playground should not spontaneously form a group.

Masks are now mandatory outdoors where physical distancing cannot be maintained, including playgrounds and parks.

Are parks, trails and beaches open?

Yes but you should only go to parks, trails or beaches in your community.\

Can people go to a campground or to their cottage?

If there is a campground within you community or if your cottage is in your community, you can go. However, most people's cottages are not in the same community where they live.

Are there any restrictions to camping and/or use of provincial parks?

Some provincial camping parks are scheduled to start opening May 21 with other parks opening by June 4. We continue monitoring conditions and will adjust our COVID-19 restrictions based on the current public health guidance. Visit the [provincial parks website](#) for the most up-to-date information for campers.

COMPLIANCE

What should I do if there's a large informal gathering like a house party or other rules being broken?

If you have a concern about a particular instance of public health measures not being followed, you can call your local non-emergency police number. Each person at an illegal event can be fined \$2000.



What should I do if rules aren't being followed at a business?

If you have concerns about how a business is operating, you could speak with the manager. If you feel it's necessary, you could contact the Safety Division at the Department of Labour and Advanced Education at 1-800-952-2687 or LAESafetybranch@novascotia.ca.

What should I do if I'm concerned about my employment rights in relation to the pandemic?

You can contact the Labour Standards division at the Department of Labour and Advanced Education at 1-888-315-0110 or LabourStandards@novascotia.ca.

CONTINUING CARE

Can a long-term care resident go to their family's home for a visit? Can family visit a resident in their facility?

There can be no visitors in long-term care facilities except for designated care providers. Long-term care residents cannot have visits to the community.

All adult residential centres and regional rehabilitation centres licensed by the Department of Community Services cannot have visitors and residents cannot have community access.

Across the province, each long-term care resident can have 2 designated caregivers and facilities. Residents can only leave their facilities for medical/dental appointments.

Across the province, the same is generally true for adult residential centres (ARC) and regional rehabilitation centres (RRC) licensed by the Department of Community Services.

Why can't there be any visitors? Why are designated caregivers allowed and not visitors?

We understand it's hard for residents when they can't have visits with their families. However, we need to keep COVID-19 out of long-term care facilities. We have seen what can happen if we don't.

Designated caregivers are actually providing necessary care to residents. They are not just visiting. That is why they are allowed to continue spending time with residents.

Can adult day programs operate?

Community-based adult day programs for seniors cannot operate at this time.

Adult day programs for people with disabilities funded by the Department of Community Services are also closed, except for 3 of these programs that have scheduled vaccine clinics.

EVENTS ARE NOT CURRENTLY PERMITTED. The following answers give an indication of what MIGHT be allowed once restrictions are lifted.

Can there be graduation ceremonies?

Schools will be able to host in-person graduation ceremonies this year. Students, staff and families will be able to gather in small groups, in schools, to recognize student achievement and success. They will have guidelines to ensure gathering limits and public health protocols will be followed. More



information is being shared with schools. Any questions about these ceremonies should be directed to the school.

Can there be proms and other end of year celebrations?

Schools will not be hosting any proms or dances. If parents or community members want to do this, they have to ensure they follow all public health guidelines, including gathering limits. They can choose to engage a recognized business or organization to host an event with 50% of an indoor venue's capacity to a maximum of 100 or 150 maximum outdoors. There will be no exceptions for larger gatherings.

If the event is hosted by a recognized business or organization at a place like a church, hotel, rental hall or other facility that hosts events as part of its operations, there are [event guidelines](#) and [guidelines for venues and facilities](#) that should be followed.

If the event is at a person's private property (such as at home), the [guidelines for events at private properties](#) must be followed.

Without a recognized business or organization hosting the event, the informal gathering limit applies. You should follow our [guidance for holidays and celebrations](#).

Because things can evolve quickly in a pandemic, please check for updates to guidelines and other public health measures in the coming weeks and months leading up to your event and be prepared to adapt as necessary.

Can people have backyard weddings and other events at home?

When private, invitation only events that are hosted by a recognized business or organization at a private property (such as a home, cottage, AirB&B), they must follow the [guidelines for events at private properties](#).

Without a recognized business or organization hosting the event, the informal gathering limit applies. That includes the officiant. You should follow our [guidance for holidays and celebrations](#).

Because things can evolve quickly in a pandemic, please check for updates to guidelines and other public health measures in the coming weeks and months leading up to your event and be prepared to adapt as necessary.

Can someone call themselves a wedding planner just for one family wedding in order to have the bigger limit?

They could if they want to take on full responsibility for ensuring that everyone at the event follows all the public health. They would also have to follow business and tax laws.

If I rent a space for an event like a wedding but I do all the work myself, how many people can attend?

If you are renting a space from a recognized business or organization, then that business/organization takes on responsibility for ensuring that everyone at the event follows all the public health measures.

Given that they are taking on this responsibility, you can have 150 outdoors or 50% of capacity to a maximum of 100 indoors. The business/organization should be aware of its responsibilities and ensure it has a solid contract with the renters.



If the owner of the space does not want to take on this responsibility, they should not rent the space. The owner of the space or a wedding planner cannot ask clients to sign a waiver absolving them of this responsibility.

How can a person plan a wedding or other event if the rules keep changing?

We understand it is challenging to plan an event. However, we are in the middle of a pandemic. This situation demands that we respond quickly to changing epidemiology in order to prevent the spread of COVID-19. That means the public health measures will continue to change to keep people safe and even save lives. If it is possible to postpone your event until after the pandemic, that will give you more certainty to make plans. If you choose to keep planning your event during the pandemic, there will be a risk of the rules disrupting your plans.

Does an event venue have to follow the sector plans for restaurants and bars?

If the venue holds a permanent food establishment permit, it must follow the RANS reopening plan. For licensed events serving alcohol, the protocols for licensed establishments must be followed, as outlined in the public health order. Events must stop any food or alcohol service by 11 p.m. and end by midnight.

Does the gathering limit include the workers at an event?

Generally, no, they are in their workplace which is not subject to the gathering limit unless the event is held at a [private property](#). However, if the space is too small for physical distancing, such as a kitchen in a firehall, then there can be no more than 10 workers in the space at a time and they must practice physical distancing as much as possible. Service providers are included in the gathering limits when the event is a private property like a person's home.

My business rents a room for weddings and parties and our maximum capacity is 150. Since the indoor limit is 100, can I have 100 guests in that room?

No, the order allows gatherings of 50% of capacity up to a maximum of 100 people with physical distancing. So 50% of your capacity is 75 people.

My business rents a room for weddings and parties and our maximum is 300. Since the limit is 50% of capacity, can I have 150 guests in that room?

No, the order allows gatherings of 50% of capacity up to a maximum of 100 people with physical distancing. While 50% of your capacity is 150 people, you can only have a maximum of 100.

If bars and restaurants host events (like a concert or a wedding reception) do they follow the gathering limit of 50% of capacity to a maximum of 100 people?

No, when hosting events, bars and restaurants continue to follow the rules and plans for their sectors.

How can major sports events have spectators if the indoor limit is 100?

Several large facilities in the province have previously approved plans for hosting events with multiple groups that are kept separate. These facilities can resume operating with a limit of 150 people per group outdoors or 50% of capacity to a maximum of 100 indoors. Each group has their own entrance/exit, washroom and concessions. We're currently giving Centre 200 a limit of 150 per group indoors.

What happens if a game goes into overtime?

A sport event hosted by a business or organization can continue beyond midnight if the natural course of events leads to extended time of play such as overtime, but food and alcohol service must still stop at 11 p.m.

How do people know what is considered a recognized business or organization?

People have to use common sense. For example, a hotel is a recognized business that can host events like fundraisers or weddings in its ballrooms. A church is a recognized organization that can host faith gatherings of various types, as well as weddings and funerals. A theatre is a recognized business that can host performances.

Could organizers of a concert or church service or any other type of gathering set up seating in groups of 10 since physical distancing with that size group isn't required?

Businesses and organizations should not set up seating for groups of 10 and randomly seat people together. If you're hosting a concert or a church service or any other type of gathering, you should accommodate people who have formed a group of 10, but you also need to accommodate people who are not in a group of 10 or who are in a smaller group.

Where can I find more information about safe gatherings?

Here are some useful resources for gatherings and events:

- [Guidance for holidays and celebrations](#)
- [Event guidelines](#)
- [Guidelines for venues and facilities](#)
- [Guidelines for events at private properties](#)



Travel requirements

Are people allowed into Nova Scotia?

For the next 4 weeks, people can only enter Nova Scotia for essential reasons (see more below) or if they are permanent residents of Nova Scotia. 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 home.

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, can I enter the province? Can I skip the self-isolation?

No. Only permanent NS residents and people traveling for essential reasons are allowed into Nova Scotia and self-isolation is still required for the majority of them.

If I have a negative COVID-19 test result, can I enter the province? Can I skip the self-isolation? Can I get tested when I arrive to skip isolation?

No. Only permanent NS residents and people traveling for essential reasons are allowed into Nova Scotia and self-isolation is still required for the majority of them.

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 least May 19, and it may 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, PEI or Newfoundland and Labrador within the past 14 days or if they visited a site listed in an exposure notice. However, the employer cannot ask which locations or sites they visited.

Can a business refuse people service if they've been 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.



ATLANTIC PROVINCES

Can people enter Nova Scotia from PEI or Newfoundland and Labrador?

Permanent residents of Nova Scotia, PEI or Newfoundland and Labrador can enter Nova Scotia without completing the Nova Scotia Safe Check-in form as long as they only traveled within these three provinces. They are not required to self-isolate, however they should be aware that Nova Scotia is in lockdown. Travel is discouraged at this time but if they need to come here, they should accomplish their task and otherwise stay at their accommodations.

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

Every adult (18+) needs to show border officials valid ID showing their permanent home address:

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

If children under 19 are not accompanied by a parent, they must have proof of permanent residency.

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

Can Nova Scotians go to PEI or Newfoundland and Labrador without isolating there?

Travel is discouraged at this time. Also, PEI or Newfoundland and Labrador may still have requirements for Nova Scotians – you should check with those provinces about their rules.

If someone does their 14 days of isolation in PEI or Newfoundland and Labrador, can they come to Nova Scotia without isolating again?

Travel is discouraged at this time. However, if you completed 14 days of isolation in PEI or Newfoundland and Labrador, you do not have to isolate again when you come to Nova Scotia. You will need some form of proof for our border officials that you completed your isolation in one of those provinces. Hotel bills or gas/food receipts are some examples.

Can people still travel between Nova Scotia and New Brunswick for work or school?

People can follow the [NS-NB travel protocol](#) if they have to travel for work, school or other tasks that are necessary and cannot be done virtually. We are asking everyone to avoid unnecessary travel, so please consider whether your travel is truly necessary.

Can people travel between Nova Scotia and New Brunswick for medical appointments?

People traveling for essential medical services are exempt from the self-isolation requirement but must follow the [exempt traveler protocol](#).

When students studying in New Brunswick move back home to Nova Scotia, do they have to isolate?

Students moving from New Brunswick back to Nova Scotia 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.

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.

Can I go to New Brunswick to pick up a student and move them back home to Nova Scotia?

The person who is doing the pick up does not have to self-isolate as long as they follow the [NS-NB travel protocol](#). You should sit as far apart as possible in the vehicle and wear masks. The student who is moving back to Nova Scotia does have to self-isolate (see above).

Is isolation required for travel related to child custody between Nova Scotia and New Brunswick?

People traveling for child custody reasons need to follow the [child custody protocol](#).

When will the Atlantic bubble reopen?

It is too soon to say when the Atlantic bubble might reopen.

NOVA SCOTIA SAFE CHECK-IN

What do you need to do to enter Nova Scotia?

We are accepting permanent Nova Scotia residents and essential travelers only until at least May 20 and that may be extended. 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 home.

People who are allowed to travel from outside Nova Scotia, PEI or Newfoundland and Labrador must complete the [Nova Scotia Safe Check-in](#) in advance. 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.

Completing this form is NOT considered permission to enter the province. If you complete it even when you shouldn't, you will be turned away at the border.

How does the Nova Scotia Safe Check-in work?

People who are allowed to travel from outside Nova Scotia, PEI or Newfoundland and Labrador must complete the [Nova Scotia Safe Check-in](#) in advance. 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.

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

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

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



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

Most exempt travelers are now required to complete the [Nova Scotia Safe Check-in](#) form as per the [exempt traveler protocol](#).

The following exempt travelers do not have to complete the form:

- People coming from PEI or Newfoundland and Labrador
- 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, typically for work
- People with compassionate or business exceptions

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 meet our criteria for essential travel. If they do not meet this criteria, they cannot enter the province and must complete their 14-day quarantine somewhere else.

If you are allowed to enter Nova Scotia and you come directly here after receiving your first negative test result, 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. You cannot leave federal quarantine until you have received your second negative test result.

Anyone who completes their full 14 days of quarantine outside NS/PEI/Newfoundland 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 arrive in Nova Scotia.

You will need to complete the [Nova Scotia Safe Check-in](#) form before arriving at the Nova Scotia border. 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 check-in emails.

Any other questions should be directed to the federal government. Contact Canada Border Services Agency:

English 1-800-461-999

French 1-800-959-2036

Outside Canada: 204-983-3500 or 506-636-5064

tccu-ustcc@cbsa-asfc.gc.ca



Arriving by air: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/entering-canada-covid-19.html>

Arriving by land: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/entering-canada-covid-19-land.html>

ESSENTIAL TRAVEL

Who is allowed to enter Nova Scotia?

Starting 8 am on April 22, 2021, people can only enter Nova Scotia for the following essential reasons for the next 4 weeks.

- permanent residents of Nova Scotia who are returning home
- 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 and parents who accompany them
- parents picking up a student in Nova Scotia to take them home as quickly as possible
- people who already have a new permanent address in Nova Scotia as of April 21 and are moving here permanently
- 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](#), [specialized](#) and federal approved temporary foreign workers

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 and parents who accompany them • parents picking up a student in Nova Scotia to take them home as quickly as possible 	<ul style="list-style-type: none"> • permanent residents of Nova Scotia who traveled for non-essential reasons • people who already have a new permanent address in Nova Scotia as of April 21 and are moving here permanently
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, specialized and federal approved temporary foreign workers 	



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

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

What 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.

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

- 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 live in Nova Scotia at least six months plus one day per year to be considered a permanent resident. If you just come to your cottage for the summer, you are not permitted to enter at this time.

What do you need to provide proof that you are moving to Nova Scotia?

- purchase or sale agreement showing an offer has been accepted on or before April 21 and closing date is on or before May 20
- minimum 1-year lease signed on or before April 21 and take legal possession of the leased property (ie the lease starts) on or before May 20
- letter of acceptance for new employment in Nova Scotia date on or before the day you arrive and an isolation plan

If you are buying a property in Nova Scotia but the closing date is after April 21, can you still come?

You can come if you have a purchase or sale agreement showing an offer has been accepted on or before April 21 and closing date is on or before May 20. The closing date is the earliest date you could come to Nova Scotia, you cannot come in advance. You must go straight to your new home and self-isolate for 14 days (see requirements above).

If you signed a lease for an apartment on or before April 21, does it matter when you move in?

You would need to have a minimum 1-year lease signed on or before April 21 and the lease starts (you take legal possession) on or before May 20. If you meet that criteria, you cannot come to Nova Scotia before the date when your lease begins but you can move in anytime after that date.

If you have a job starting in Nova Scotia with a letter of offer from the employer but you don't have a permanent address yet, can you still come?

You will need to show border officials a letter of acceptance as proof that you are moving to Nova Scotia for a new job and your plan for isolation. If you do not have these, you cannot enter Nova Scotia.



What do military members need to show at the border as proof they are being posted in Nova Scotia?
Military members need a letter confirming that they are being posted in Nova Scotia. This allows you to come for your job. It does not allow you to come just for a house hunting trip.

What needs to be in the plan for isolation?

Your isolation plans should include details about how food and supplies will be delivered, how you'll maintain a physical distance of 2 metres (6 feet) from others where you're staying (if applicable) and how you'll follow public health measures and guidelines.

Can I enter Nova Scotia if I'm moving there permanently and will live with someone who is already there?

No, you will not be allowed to enter until at least May 20.

My family is moving to Nova Scotia in stages. Is it ok if some of us come now and others come later?
Yes. You will need proof that you are moving here rather than just visiting (see above).

If one person has a new job in Nova Scotia and their spouse does not, can they both come?

Yes.

I've already sold my home or given notice on my lease but I don't meet your criteria. What do I do?
We're very sorry but you must make other arrangements. You cannot enter Nova Scotia at this time.

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

For the next 4 weeks, 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're not on the list of people who can enter?

We can consider exceptions for these situations.

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. We consider their travel to be essential. They must follow the [exempt traveler protocol](#):

- healthy workers in the trade and transportation sector who are employed in the movement of goods and people across the Nova Scotia border by land, air, or water, including truck drivers, crew, maintenance and operational workers on any plane, 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 and EHS paramedic workers



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 and EHS paramedic workers

We consider these to be essential reasons for travel. Under this new protocol, most exempt travelers coming from outside Nova Scotia, PEI or Newfoundland and Labrador must complete the [Nova Scotia Safe Check-in](#) form to enter the province.

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. Please 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 but 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 but you must follow the [exempt traveler protocol](#). 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.

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

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.



What are the self-isolation rules for rotational workers?

People who meet the [criteria as a rotational worker](#) have modified self-isolation, which includes contact with people in their households. However, a rotational worker or a member of the rotational worker's household chooses to travel for non-essential reasons, the entire household (including the rotational worker) must self-isolate, unless there is a completely separate living space with a bathroom where the traveler can self-isolate. [Learn more](#).

What are the self-isolation rules for specialized workers?

[Specialized workers](#) can come if there is urgent critical infrastructure work that's crucial for the province to function and there is nobody in NS/PEI/Nfld who has the skills to do the work. 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?

If you are a permanent Nova Scotia resident, 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 you cannot provide the letter, you cannot get this exception.

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 if you come from outside Nova Scotia, New Brunswick or PEI. This is because we don't yet know enough about immunity to the virus.

MORE ON SELF-ISOLATION

Can a self-isolating traveler go for a walk?

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.

However, 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](#).



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.

MOVING (all of these answers are based on a person permanently moving to Nova Scotia)

If I'm moving to Nova Scotia, do I have to self-isolate?

Yes. You must complete the [Nova Scotia Safe Check-in](#), preferably before you arrive at the border. You must isolate for 14 days upon arrival.

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 or for quick necessary trips. It is not for 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.

If I am clearing land to build a house and isolating in a trailer on the property or in a house on the adjacent property, can contractors do work on the property?

Yes, as long as you stay well distanced.



If your isolation location is a house on the adjacent property, we would consider the land you're clearing to be an extension of that isolation location.

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. You must self-isolate for 14 days before you could do these things in person. There are virtual ways to accomplish these things.

Can I come to Nova Scotia to house hunt?

No. Until at least May 19, this is not considered essential travel. For this time period, this restriction also applies to Canadian military and defence team personnel, RCMP, Coast Guard, Canadian Border Services Agency, and Canadian Security Intelligence Service.

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

Parents can drop off students to study in Nova Scotia or pick up students to bring them home. If you are dropping off/picking up a student on campus, please follow the university's rules for this process.

If you're coming from outside Atlantic Canada, you need to complete the [Nova Scotia Safe Check-in](#) form. If you're coming from New Brunswick, you can follow the [NS NB travel protocol](#).

Please do your drop off/pick up as quickly as possible and then leave Nova Scotia. When returning home, you should make as few stops in Nova Scotia as possible. You must self-isolate as much as you can, stay 2 metres/6 feet away from others, and wear a mask in indoor public places.

When students studying outside NS/PEI/Nfld move back home to Nova Scotia, do they have to isolate?

Students moving back to Nova Scotia (and anyone accompanying them, such as a parent) 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 and parent.

DRIVING THROUGH/AIRPORT PICKUP

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

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

You need to complete the [Nova Scotia Safe Check-in](#). You will receive an email with an ID number that you must present at the border. You should keep this email in case you need to refer to it later. You must show your ferry reservation if you are traveling to PEI or Newfoundland. You must show your airline reservation if you are traveling to the Halifax airport. If you are flying into Halifax and driving to New Brunswick or beyond, you must show proof of your destination, such as a hotel reservation 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.

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.

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

No, as long as you stay on the plane or in the airport terminal and practice public health measures, then you do not need to self-isolate when you arrive in Nova Scotia.

BORDER/FINES

What will I need to do at the border?

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

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

We have tablets at some borders for people who need help. We also have paper copies. But we strongly encourage people to complete the form online. It is much faster for you and more efficient for us.

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

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

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

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

How do the fines work?

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

You could be charged by long form prosecution and convicted. Using the example of offences 10 days in a row, a judge could sentence you to a fine of \$92,000 (\$2,000 for first offence and 9 x \$10,000 for



subsequent offences) and/or 9 years and six months in jail (6 months for first offence and 9 x 1 year for subsequent offences).

Which entry points is Nova Scotia staffing?

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

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.