

Summary of travel requirements

Travel into New Brunswick:

Does the Atlantic bubble still exist?

Exceptions that allowed travellers to enter New Brunswick from Nova Scotia, Prince Edward Island and Newfoundland and Labrador without the need to register their travel or self-isolate for 14 days have been suspended.

Travellers entering New Brunswick from Nova Scotia, Prince Edward Island or Newfoundland and Labrador are required to self-isolate for 14 days, unless exempt. This includes New Brunswick residents returning to New Brunswick from anywhere, including another Atlantic province.

Why are New Brunswickers subject to new COVID-19 border measures?

As cases of COVID-19 escalate across the country, the risk of importation of positive cases increases. Public health measures are continuously assessed for those travelling in and out of the Atlantic bubble for work and other reasons. Most of New Brunswick's COVID-19 cases (~95%) have been the result of travel or someone in close contact with someone who has travelled.

Do I need to register my travel into New Brunswick?

Registration for cross-border travel into New Brunswick from Nova Scotia, PEI or Newfoundland and Labrador is now mandatory. Register your travel through www.gnb.ca/travelregistration. Failure to register can result in penalties. Registration is required even for those who are exempt from self-isolation.

Enforcement officers may conduct spot checks on persons traveling into New Brunswick and proof of travel registration is required.

Who has to self-isolate when they enter New Brunswick?

Anyone who travels to New Brunswick is required to self-isolate unless exempt. See below for additional Q & As for exemptions, testing, and work-isolation options.

Who is exempt from self-isolation upon entering New Brunswick?

People who are not required to self-isolate include:

- Regular commuters that return to and from New Brunswick daily;
- Operators of commercial transportation, including aircraft, water vessels, trucks transporting goods or delivering services and rail services;
- Parents and children traveling to facilitate child custody agreements;
- Patients and up to one caregiver who must travel to access healthcare services in another province because the service is unavailable in New Brunswick or where treatment has already begun.

- Patients and up to one caregiver from another province who must continue to access medical care in New Brunswick where the service is not available in their home province or where treatment has already begun.
- Workers who have an approved plan from WorkSafeNB that details how they will [work self-isolate](#);
- Residents of Campobello Island, Listuguj First Nation and Pointe-a-la-Croix who must cross the border to access required goods and services; and
- Those who demonstrate they are travelling through to another jurisdiction and agree to limit stops to fuel, food and personal needs and agree to follow the guidance of the Chief Medical Officer of Health.

Do health care workers that commute daily from another province to work in NB need to self-isolate?

No.

Does a student returning to New Brunswick from out of province (including another Atlantic Province) need to self-isolate upon their return to New Brunswick?

Yes, a student returning to New Brunswick from studies outside of New Brunswick needs to self-isolate for 14 days. We realize this is challenging for students and families. We are taking these steps in order to protect all New Brunswickers from COVID-19 and working to get orange zones back to the yellow phase.

Can I enter New Brunswick to pick-up/drop-off a student who is attending a post-secondary institution in New Brunswick?

One adult driver may enter New Brunswick to pick-up/drop-off a student attending a New Brunswick post-secondary institution. The adult may enter New Brunswick for a period of not more than 24 hours and is expected to self-isolate and follow Public Health measures while in the province including limiting stops to essential needs (e.g. fuel, food), wearing a mask and maintaining a 2-meter distance from others.

These travellers should select “Other” as their Reason for Entry when registering their travel at www.qnb.ca/TravelRegistration and indicate in the Detailed Reasons for Entry that they are “Accompanying a student to New Brunswick.”

Can I leave New Brunswick to pick-up/drop-off a student who is attending a post-secondary institution in another Canadian province or territory?

One adult driver may leave New Brunswick to pick-up/drop-off a student attending a post-secondary institution in another Canadian province or territory. If the adult is gone for a period of not more than 24 hours then that adult is not required to self-isolate upon return to New Brunswick.

The driver is expected to follow Public Health measures while outside of the province including limiting stops to essential needs (e.g. fuel, food), wearing a mask and maintaining a 2-meter distance from others. When driving with the student, continuous masking and maintaining physical distancing is required.

These travellers should select “Other” as their Reason for Entry when registering their travel at www.gnb.ca/TravelRegistration and indicate in the Detailed Reasons for Entry that they are “Accompanying a student to New Brunswick.”

How do I self-isolate?

Guidance on how to self-isolate is available online. It is important for these directions to be followed, including those on limiting contact with others when sharing a home: https://www2.gnb.ca/content/dam/gnb/Departments/eco-bce/Promo/covid-19/who_needs_to_self-isolate-e.pdf

Can workers who are not New Brunswick residents follow a testing protocol to reduce self-isolation?

Non-New Brunswick residents are required to pre-register their travel and they must provide an approved isolation plan from WorkSafeNB prior to entering the province. Workers must then follow the approved isolation plan. Workers are encouraged to be tested on day 5-7 and day 10-12 of their isolation period. A negative test result will NOT release you from the isolation plan requirements.

What is required of New Brunswick residents returning home after working outside of the province?

New Brunswick residents who travelled outside of the province for work and will not be working in New Brunswick upon their return are required to self-isolate for 14 days UNLESS they volunteer for COVID-19 testing.

If they have no symptoms and test negative on a day 5-7 test they are no longer required to self-isolate. A second test on day 10-12 is also required regardless of a negative result on the first test.

What is required of New Brunswick residents who have been outside of the province for work and plan to work in New Brunswick upon their return?

New Brunswick residents who travelled outside of the province for work and intend to work upon their return to New Brunswick are required to self-isolate for 14 days. If the employer has a documented operational plan that includes a work isolation plan for employees who have travelled outside of the province, then the worker may work self-isolate when they return to New Brunswick.

Work self-isolation is required for 14 days unless they volunteer for COVID-19 testing. If they have no symptoms and test negative on a day 5-7 test, they are no longer required to work self-isolate. A second test on day 10-12 is also required regardless of a negative result on the first test.

Travel Within New Brunswick:

What travel is permitted within New Brunswick?

New Brunswickers can continue to travel within the province for work, school, essential errands, bereavement, compassionate reasons and medical appointments. Only essential travel is advised between zones that are both orange or red, or in different levels of recovery (e.g. yellow, orange, red).

What is essential and non-essential travel?

Essential travel includes travel for work, school, essential errands, bereavement, compassionate reasons or medical appointments. Non-essential travel includes shopping, visiting restaurants, and attending events/gatherings. Non-essential travel should be minimized where possible.

I live in an Orange Level zone and need to travel to a zone that is currently in Yellow Alert Level. What precautions do I need to take?

Anyone who lives in an Orange-level zone and travels to a Yellow-level zone is encouraged to follow these measures while away:

- Wear a mask when in public indoor and outdoor spaces;
- Be vigilant in self-monitoring for symptoms and get tested as soon as possible should they develop;
- Limit your contacts to your one-household bubble;
- Avoid visiting those most vulnerable to COVID-19, including those in nursing homes and other adult residential facilities;
- Wash your hands;
- Maintain a two-metre distance from others; and
- Avoid gatherings and social events.

This only applies to the individual who has travelled from the Orange-level zone and does not apply to other members of the same household. It is recommended that members of the household self monitor and get tested if they develop symptoms of COVID-19.

If you live in or have traveled in an Orange-level zone and have an appointment with a healthcare provider located in a Yellow-level zone, please contact the designated department or medical facility before your appointment to discuss potential adjustments to services.

I live in a Yellow level zone but had to travel to an Orange level zone. What precautions do I need to take upon my return home?

Anyone who lives in a Yellow-level zone and travels to an area in an Orange-level zone is encouraged to follow these measures for 14 days after they return to their Yellow level zone, even if they have tested negative for COVID-19:

- Wear a mask when in public indoor and outdoor spaces;
- Be vigilant in self-monitoring for symptoms and get tested as soon as possible should they develop;

- Limit your contacts to your one-household bubble;
- Avoid visiting those most vulnerable to COVID-19, including those in nursing homes and other adult residential facilities;
- Wash your hands;
- Maintain a two-metre distance from others; and
- Avoid gatherings and social events.

I live in an Orange area and want to travel to another Orange area?

Only essential travel is advised between zones that are both orange or red, or in different levels of recovery (e.g. yellow, orange, red).