

Public Health Advice –Travel in and out of zones in the Orange level

New Brunswickers can continue to travel within the province for work, school, essential errands and medical appointments. Non-essential travel¹ in and out of zones that have been placed in the Orange level should be minimized where possible.

The Public Health measures listed below have been developed for anyone who travels between a Yellow zone and an Orange zone for 14 days after travel. This advice also applies if daily travel between these areas is required and even if the person has tested negative for COVID-19.

- wear a mask when in public;
- be vigilant in self-monitoring for symptoms and get tested as soon as possible should they develop;
- limit your contacts to your two-household bubble;
- avoid visiting those most vulnerable to COVID-19, including those in nursing homes and other adult residential facilities;
- wash your hands or use sanitizer frequently;
- maintain a two-metre distance from others; and
- avoid gatherings.

People living in Orange zones are asked to avoid non-essential travel to Yellow zones for the time being, but if they do travel they are asked to take the same measures outlined above.

Please be kind and respectful to one another. By working together and supporting each other we can all do our part to reduce the spread of COVID-19 in our province.

¹ Non-essential travel includes shopping, visiting restaurants, attending events/gatherings etc. Essential travel includes travel for work, post-secondary education, shared custody, bereavement, compassionate reasons or medical appointments.