

## Travel Guidelines for Health Care Workers

Travel Destination	Fully Vaccinated	Not Fully Vaccinated
Atlantic Provinces*	<ul style="list-style-type: none"> <li>• Self monitor**</li> <li>• Perform POCT 3 times/week for 14 days post return to NB</li> </ul>	<ul style="list-style-type: none"> <li>• Remain out of the workplace for 14 days following return to NB.</li> <li>• PCR Swab Day 10</li> </ul>
Outside of the Atlantic Provinces	<ul style="list-style-type: none"> <li>• Polymerase Chain Reaction (PCR) Swab Day 5 upon return to NB</li> <li>• Continue to work &amp; self monitor**</li> </ul>	<ul style="list-style-type: none"> <li>• Remain out of the workplace for 14 days following return to NB.</li> <li>• PCR Swab Day 10</li> </ul>
Outside of Canada	<ul style="list-style-type: none"> <li>• PCR Swabs Day 1 must be completed on Canadian Soil.</li> <li>• PCR Swabs Day 5 and 10 upon return to NB.</li> <li>• Work isolate until results of Day 5 swab obtained and negative</li> <li>• Self monitor**</li> </ul>	<ul style="list-style-type: none"> <li>• Remain out of the workplace for 14 days following return to NB.</li> <li>• PCR Swab Day 10</li> </ul>

\*Atlantic Provinces (NB, NS, PEI, NFLD) or the Avignon and Témiscouata Regional Counties and Listuguj First Nation in Quebec – no restrictions

\*\*Be vigilant in self-monitoring for symptoms. If symptoms develop, immediately self-isolate and notify Employee Health at 1-833-978-2580 to arrange for expedited testing.

Please note all travel outside of New Brunswick requires pre-travel registration through the GNB website regardless of vaccination status

Outside of the Atlantic Provinces:

- Follow all NB travel guidelines at [New Brunswick](#) travel registration
- Submit travel notification form & agree to testing upon return to NB on Day 5
- Health care workers are responsible to book their own PCR swab – [COVID-19 Testing and Tracing \(gnb.ca\)](#)

Outside of Canada:

- Follow all Provincial and Federal travel registration apply for [New Brunswick](#) travel registration & [ArriveCan](#) travel registration
- Submit travel notification form & agree to testing upon return to the workplace with notification to Employee Health **if positive PCR swab results**
- Follow Work Isolation guidelines until Day 5 results available and negative
- Health care workers are responsible to book their own PCR swabs – [COVID-19 Testing and Tracing \(gnb.ca\)](#)

Undue Hardship/Exceptional Circumstance:

- Please contact Regional Manager of Employee Health & Wellness if there is an exceptional circumstance that is causing undue hardship, such as and not limited to; shared custody, receiving medical care in US, primary care provider for US resident. may qualify for an exception to the above listed guidelines. **Note:** Each situation will be reviewed and decided upon on a case by case basis and an individual plan including testing will be developed for risk mitigation [Christie.Ruff@HorizonNB.ca](mailto:Christie.Ruff@HorizonNB.ca)