

Attention

ALL Interprovincial/ Territorial and International Travellers Arriving in New Brunswick

On March 19th, 2020, a state of emergency was declared in New Brunswick. There are Public Health measures, closures of businesses and restrictions that all residents must follow. These efforts will contribute to slow the introduction and spread of COVID-19 in New Brunswick.

On March 25th, 2020 New Brunswick implemented restrictions for **all** travellers who are arriving from outside the province. This includes interprovincial/territorial and international travel. At this time exemptions are being made for certain individuals, but this is subject to change. These exemptions are to allow the continued movement of goods and the ongoing delivery of essential services and address those that require essential healthcare services in another province.

All travellers entering New Brunswick as of March 25th, 2020 must [self-isolate](#):

- Stay at home for 14 days;
- Avoid contact with others;
- If you require necessities such as groceries, make other arrangements such as having someone pick up, deliver and leave items outside your door;
- If there are others in your home, this means to:
 - stay in a separate room and use a separate bathroom if possible;
 - keep at least 2 metres between yourself and other people;
 - keep interactions brief;
 - do not share personal items, such as toothbrushes, towels, bed linen, utensils or electronic devices;
 - at least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes;
 - avoid contact with individuals with chronic conditions, compromised immune systems and older adults; and
 - avoid contact with pets if you live with other people that may also be touching them.
- Monitor yourself for symptoms of respiratory illness, such as fever, cough, sore throat, runny nose, or headache for 14 days; and
- If you develop or have symptoms call Tele-Care 811 for further instructions.

After the 14 days of self-isolation, you should do the following to comply with the rules surrounding the state of emergency:

- Stay at home as much as possible except to go outside for a walk or out in your yard. If you must leave home for necessities such as groceries, practice physical distancing of at least 2 metres (6 feet) between yourself and anyone else.

- A non-medical mask is recommended to be worn whenever people are in a community setting, especially in situations where you may be near people such as grocery stores and pharmacies.
- Wash your hands and practice cough/sneeze etiquette.
- Avoid touching your eyes, nose and mouth with unwashed hands.

The following travellers are exempted:

- Workers who are essential service providers:
 - Healthy workers in the trade and transportation sector who are important for the movement of goods and people across the border, such as truck drivers and crew on any plane, train or marine vessel crossing the border.
 - Healthy Canadian Coast Guard employees returning to New Brunswick from another province.
 - Healthy people who must cross the border to go to work, including health care providers and critical infrastructure workers.
 - New Brunswick residents who cross the provincial border daily to attend work.
 - Workers who need to travel to work in a neighboring province, who should travel directly to their place of employment and then back to their home in New Brunswick.
- Workers are advised to avoid older people and those with a weakened immune system or underlying medical condition(s) who are at a higher risk of developing severe disease.
- Workers in these sectors should practice physical distancing (maintain a distance of at least 2 metres from others), closely [self-monitor](#), should they exhibit any symptoms they should [self-isolate](#) and immediately call Tele-Care 811 for advice. It is recommended that employers in these sectors conduct active daily monitoring of their staff for COVID-19 symptoms (i.e. checking for cough, fever, or shortness of breath).
- Residents of Campobello Island who must cross the border to access essential goods or services.
- New Brunswick residents who require essential healthcare services in another province because the service is unavailable within NB. (For example, a child who requires specialized healthcare at the IWK meets the exemption criteria; however, a cardiac patient who prefers to have a heart procedure in Quebec does not meet the exemption).
- Patients from out of province, with ongoing care (who have been previously seen in NB or have an appointment booked), can continue to receive services in NB. Both the patient and their care giver travelling with them must [self-isolate](#) and maintain physical distancing while travelling. This exemption is dependent on the hospital having the capacity to isolate the out of province patient. If not, the patient cannot enter New Brunswick.
- Those vulnerable patients travelling to access health care in other provinces, should travel directly to their medial appointment, practice physical distancing (maintain a distance of

at least 2 metres from others) and return directly home to New Brunswick. On return, they should [self-isolate](#), closely [self-monitor](#) for symptoms and immediately call Tele-Care 811 if symptoms develop.

- All new patients need to stay in the province unless the service is not available in NB or the patient's province.

For more information please refer to www.gnb/coronavirus.ca