

Attention

ALL Interprovincial/ Territorial and International Travelers 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 Travelers 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 following symptoms for 14 days:
 - of respiratory illness, such as fever or cough or difficulty breathing.
 - if you develop or have symptoms Call TELECARE-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 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.
- 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 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, 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 social 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 8-1-1 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).

Those vulnerable patients travelling to access health care in other provinces should travel directly to their medical 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 closely [self-monitor](#) and if symptoms develop, continue to [self-isolate](#) and immediately call Tele-care 8-1-1 for advice.

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