

Public Health Advice FAQ

Enhanced public health measures for New Brunswick residents travelling to provinces and territories outside of the Atlantic bubble for work

Q1. Why are workers traveling to provinces and territories outside of the Atlantic bubble for work 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.

Q2. If I am a New Brunswick resident working outside of the Atlantic bubble, what do I need to do before returning to New Brunswick?

All New Brunswick workers who travel outside of the Atlantic bubble for employment will be required to pre-register upon returning to New Brunswick. Information on travel registration can be found [here](#).

This does not currently apply to commercial air, marine, truck and rail operators or daily commuters.

Q3. What public health measures will workers be required to follow?

Workers returning from travel outside of the Atlantic bubble because of work are required to practice modified self-isolation for 14 days OR, if they choose voluntary testing, are required to practice modified self-isolation only until they receive a negative COVID-19 test result after their return to New Brunswick.

Modified self-isolation means:

- being vigilant in self-monitoring for symptoms and getting tested and self-isolating as soon as possible should symptoms develop;
- avoiding close contact with those people most vulnerable to COVID-19, including those in nursing homes and other adult residential facilities;
- washing your hands or using hand sanitizer frequently;
- limiting social contact to household members;
- maintaining a two-metre distance from others when in public spaces;
- avoiding any social gatherings; and,

- not allowing visitors to your home.

Workers who choose not to be tested must practice modified self-isolation for 14 days.

Q4. During modified self-isolation, what goods and services can I access?

While practicing modified self-isolation, workers are able to access the following essential goods and services when others are not able to do so on their behalf:

- Necessities of life (e.g. groceries, clothing) and supporting services (e.g. butchers for hunted game)
- Health care (e.g. prescriptions, medical equipment & supplies)
- Goods and services required for work or employment
- Childcare responsibilities
- Banking and financial institutions
- Transportation (e.g. automobile repair)
- Animal care
- Funerals and visitations of deceased immediate family members

If a worker in modified self-isolation needs to access these above services during the modified self-isolation period, public health measures, such as masking and physical distancing, must be maintained.

Q5. During modified self-isolation, can I go to work?

Yes, workers are permitted to go to work while in modified self-isolation. Public health measures, such as masking and physical distancing, must be maintained while in the work place.

Q6. If I choose voluntary testing, how often do I need to get tested for COVID-19?

Workers who are returning to New Brunswick from outside of the Atlantic bubble are asked to be tested according to the following schedule, depending on their length of stay in New Brunswick:

Stay of 1 up to 4 Days: Arrange for COVID-19 test on Day 0-2

Stay of 5 up to 9 Days: Arrange for first COVID-19 test on Day 0-2 and a second COVID-19 test on Day 5-7

Stay of 10 to 14 days or longer: Arrange for first COVID-19 test on Day 0-2, a second COVID-19 test on Day 5-7, and a third COVID-19 test on Day 10-12

Q7. How do workers arrange to get tested for COVID-19?

When a worker pre-registers for return to New Brunswick, a link will be provided to register for a COVID-19 test. The link can also be accessed [here](#). When registering, please choose “Traveller from Outside Atlantic Bubble” as the option for “Are you a member of one of the following groups.” Testing will be scheduled and completed at the assessment center nearest the individual.

Q8. Do these modified self-isolation guidelines apply to all workers travelling into New Brunswick?

No, these modified self-isolation guidelines do not apply to commercial air, marine, truck and rail operators or daily commuters. They do not apply to international workers as they must follow the federal requirements for self-isolation. It also does not apply to people travelling into the province under the authority of an operational plan approved by WorkSafe New Brunswick, as this already involves a work-isolation requirement.

Q9. Does this testing strategy apply to those not travelling for work?

This does not apply to those entering New Brunswick for non-essential travel including visiting family and returning home from school outside of the Atlantic bubble. Those returning for non-essential travel are still required to self-isolate for 14 days including those who own property and have family in New Brunswick and are encouraged to get tested as soon as symptoms develop.

Q10. Do workers need to isolate while waiting for their COVID-19 test results?

Asymptomatic workers who test voluntarily for COVID-19 will be required to follow a modified self-isolation period. This modified self-isolation needs to remain in place until the first COVID-19 test comes back negative, unless otherwise directed by public health.

If the first test comes back negative, the worker is released from modified self-isolation.

Workers who choose not to be tested must practice modified self-isolation for 14 days.

Q11. What if I develop symptoms any time within 14 days of returning to New Brunswick?

You should immediately self-isolate and seek testing. This applies even if you have recently had a test (whether you know the results or not) or have a test already booked. Test results are a snapshot in time and can change.

Q12. I was tested because I am a worker returning from travel outside of the Atlantic bubble. Does the rest of my household need to self-isolate?

If household members do not have symptoms, they do not need to self-isolate. Every household member must monitor for symptoms for 14 days. If any symptoms develop, the symptomatic person should arrange to be tested and all household members must self-isolate until they receive a negative test result.

Q13. When can workers come out of modified self-isolation?

Workers may be released from isolation if their first COVID-19 test is negative, unless otherwise directed by public health. They can stay off modified self-isolation if they continue to test negative and do not have any symptoms of COVID-19.

Workers with a shorter length of stay who choose not to get tested must maintain their modified self-isolation for the duration of their stay. If at any point they chose to get tested, they must maintain their modified self-isolation until they receive a negative test.

Q14. If my first COVID-19 test is negative, do I need to have a second and third test?

Yes, you must have a second and third test to stay released from modified self-isolation. If you choose to not have a second and third test, you must return to modified self-isolation practices until 14 days after your arrival.

Q15. How will I get my test results back?

There are a few options on how to get your test results:

- If you are eligible, you will receive a code to register for MyHealthNB, where you can access your test results online.
- If you are not eligible or not comfortable using MyHealthNB, a public health official or representative will call you with your test result, usually within 48-72

hours after your test was completed. Please make sure your correct phone number is on file.

Q16. Where can I get more information on MyHealthNB regarding eligibility criteria, how to print my results and technical issues?

Please visit the MyHealthNB website for information: <https://myhealth.gnb.ca/>

Q17. How long will it take before my test results are available?

Your test results will be available within 48-72 hours after your test was completed.

Q18. What happens when my test result is positive?

A public health official will contact you via phone if your test result is positive and will provide you with information on what to do next, which will include standard self-isolation (not modified). Information on how to self-isolate can be found [here](#).

Q19. What if I decide not to get tested at all?

If a worker doesn't get tested at all, they will have to maintain modified self-isolation for 14 days from arrival in New Brunswick. If you leave the Atlantic bubble before your 14 days is up, modified self-isolation no longer applies and you have to maintain standard self-isolation.

Q20. If a worker is tested for COVID-19 before traveling to the Atlantic bubble, are they still required to follow these regulations?

Yes, tests and results from outside of the Atlantic bubble are not a substitute for testing upon arrival in New Brunswick.