

Public Health Advice - Workers FAQ

Enhanced public health measures for workers travelling to New Brunswick from outside the Atlantic bubble or New Brunswickers returning home from travelling outside of the Atlantic bubble for work

Q1: Why are workers traveling to outside of the Atlantic bubble for work subject to COVID-19 border measures?

As cases of COVID-19 escalate across the country, the risk of bringing COVID-19 into the Atlantic bubble 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?

Anyone travelling into New Brunswick is required to pre-register their travel. This includes New Brunswick workers who travel outside of the Atlantic bubble and are returning home to New Brunswick. Information on travel registration can be found [here](#).

Q3: What is work self-isolation?

Work self-isolation means:

- being able to travel to and from work only;
- wearing a mask in your work place ;
- maintaining a two-metre distance from others;
- 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;
- avoiding any social gatherings;
- not allowing visitors to your home;
- if not living in your residence, staying in your place of accommodation (hotel, lodging, etc.) when not working and making arrangements to have food delivered.

Q4: What is required of New Brunswick residents who have been outside the Atlantic bubble for work and plan to work in New Brunswick upon their return?

New Brunswick residents who travelled outside of the Atlantic bubble for work and intend to work upon their return to New Brunswick are required to self-isolate for 14 days. If the employer has a

documented operational plan that includes a work isolation plan for employees who have travelled outside of the Atlantic bubble, then the worker may work self-isolate when they return to New Brunswick.

Work self-isolation is required for 14 days unless you volunteer for COVID-19 testing. If you have no symptoms and test negative on a day 5-7 test, you are no longer required to work isolate. A second test on day 10-12 is also required regardless of a negative result on the first test.

Q5: Does my work isolation plan for New Brunswick workers have to be approved by WorkSafeNB?

The employer of any New Brunswick resident returning from work outside of the Atlantic bubble must prepare and ensure that a work isolation plan is implemented as part of their overall COVID-19 operational plan. The work isolation plan does not have to be approved by WorkSafeNB beforehand but WorkSafeNB or Public Health can ask to review the plan at anytime. If a complaint about non-compliance is received, an exposure occurs or the workplace is selected for an inspection, the elements of the plan could be reviewed.

Q6: What is required of New Brunswick residents who have been outside the Atlantic bubble for work and will not be working in New Brunswick upon their return?

New Brunswick residents who travelled outside of the Atlantic bubble for work and will not be working in New Brunswick upon their return are required to self-isolate for 14 days UNLESS they volunteer for COVID-19 testing. If you have no symptoms and test negative on a day 5-7 test you are no longer required to self-isolate. A second test on day 10-12 is also required regardless of a negative result on the first test.

Information on how to self-isolate can be found [here](#).

Q7: What public health measures are required for non-New Brunswickers coming into New Brunswick for work?

Non-New Brunswick residents are required to pre-register their travel and they must provide an approved isolation plan from WorkSafeNB prior to entering the province. Workers must then follow the approved isolation plan.

Workers are encouraged to be tested on day 5-7 and day 10-12 of their isolation period. A negative test result will NOT release you from the isolation plan.

Q8: How often should workers travelling into New Brunswick be tested for COVID-19?

Workers who are travelling into 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 5 up to 9 days: Arrange for first COVID-19 test on 5-7.
- Stay of 10 to 14 days or longer: Arrange for first COVID-19 test on Day 5-7, and a COVID-19 test on Day 10-12

Q9: The first test used to be on Day 0-2, but the first test is now on Day 5-7. Why has the testing strategy been changed?

Results may be affected by the timing of the test. If testing is done too early after being infected, there may not be enough viral particles in the nose or saliva to detect the virus. Waiting until day 5-7 will increase the accuracy of the test.

Q10: How do workers arrange to get tested for COVID-19?

When a worker pre-registers for travel 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 “New Brunswick Resident Working Outside the Atlantic Bubble” as the option for the question “Are you a member of one of the following groups?”. Testing will be scheduled and completed at the assessment center nearest the individual.

If you are a non-New Brunswick resident and you are under a WorkSafe NB operational plan, please choose “New Brunswick Resident Working Outside the Atlantic Bubble” as the option for the question “Are you a member of one of the following groups?”. Testing will be scheduled and completed at the assessment center nearest the individual.

Q11: Do these self-isolation guidelines apply to all workers travelling into New Brunswick?

No, these guidelines do not apply to commercial air, marine, truck and rail operators or daily/weekly commuters.

Q12: 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 students returning to New Brunswick during breaks 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. These travelers are encouraged to get tested as soon as any symptoms develop.

Q13: Do workers need to self-isolate while waiting for their COVID-19 test results?

Asymptomatic workers are required to self-isolate / work isolate until the first COVID-19 test on day 5-7 comes back negative. If the first test comes back negative, eligible workers are released from self-isolation / work isolation. Eligible workers are New Brunswick residents who have returned from work outside of the Atlantic bubble.

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

Q14: 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.

Q15: 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?

Household members do not need to self-isolate as long as everyone in the household is able to follow the self-isolation guidance. Information on how to self-isolate can be found [here](#).

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.

Q16: When can workers come out of self-isolation / work isolation?

Workers who are New Brunswick residents may be released from self-isolation / work self-isolation if their first COVID-19 test is negative and they have no symptoms. They can stay off self-isolation / work self-isolation if they continue to test negative and do not have any symptoms of COVID-19, unless otherwise directed by Public Health.

Those with a shorter length of stay in New Brunswick who choose not to get tested must maintain their self-isolation / work self-isolation for the duration of their stay. If at any point they chose to get tested, they must maintain their self-isolation / work isolation until they receive a negative result.

Non-New Brunswick residents who are in New Brunswick for work must work self-isolate for 14 days or the duration of their stay if less than 14 days. Testing is available and encouraged but will not release them from work self-isolation requirements.

Q17: If my first COVID-19 test is negative, do I need to have a second test?

Yes.

Q18: 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.

Q19: 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.qnb.ca/>

Q20: 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.

Q21: 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 self-isolation. Information on how to self-isolate can be found [here](#).

Q22: What if I decide not to get tested at all?

If a worker doesn't get tested at all, they will have to maintain self-isolation / work self-isolation for 14 days from arrival in New Brunswick.

Q23: 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.