

# Testing and Self-isolation for all Workers Travelling to and from PEI

## Arriving from anywhere inside Canada

- All workers (including health care workers) traveling within the Atlantic Bubble (Nova Scotia, New Brunswick, and Newfoundland) do not have to self-isolate or be tested before returning to work on PEI.
- Workers Arriving to PEI from somewhere else in Canada **outside** of the Atlantic Provinces:

All Healthcare workers (including LTC)	Rotational workers who are residents of PEI*	Other workers
<p><b>Test</b> at 0-2, 4-7, and 10-12 days.</p> <p><b>Work isolation</b> for 14 days.</p> <p><b>Must test negative prior to start of work</b></p> <p>When not at work, self-isolate for 14 days.</p>	<p><b>Test</b> at 0-2, 4-7, and 10-12 days.</p> <p><b>No isolation</b> but further precautionary measures required while in the community. (see below)</p> <p>If testing is not done, the worker must self-isolate for 14 days</p>	<p><b>Test</b> at 0-2, 4-7, and 10-12 days.</p> <p><b>Work-isolation</b> for 14 days.</p> <p><b>Must test negative prior to start of work.</b></p> <p>When not at work, self-isolate for 14 days.</p>

## Arriving from anywhere outside of Canada

- If you are told at the Canadian border that you must isolate for 14 days, [you must self-isolate for 14 days in PEI](#). **Testing at 0-2 and 10-12 days after arrival.**
- If you are told you do not have to isolate at the Canadian border and are [exempted per the Federal Quarantine Act](#) and returning to PEI, the following applies:

All Healthcare workers (including LTC)	Rotational workers who are residents of PEI*	Other workers
<p><b>Self-isolation</b> for 14 days.</p> <p><b>Test</b> at day 0-2 and 10-12.</p>	<p>See Federal Exempted workers** section below</p>	<p><b>Work-isolation</b> for 14 days.</p> <p><b>Test</b> at 0-2, 4-7, and 10-12 days</p> <p>If not working while in PEI, self-isolate for 14 days and test at day 0-2 and 10-12.</p>

## What does isolation mean?

There are two types of isolation: self-isolation and [work-isolation](#).

- **Self-isolation** requires an individual to stay in their residence or on their property, except to seek emergency medical care. Individuals in self-isolation cannot attend public events, go to the grocery store or other retail outlets, and must arrange for no contact delivery of food, medication and other essentials.
- **Work-isolation** is similar to self-isolation except the individual can go to work provided they maintain physical distancing from others, wear a non-medical mask, practice hand hygiene, and monitor for symptoms. Similar to self-isolation, they cannot attend public events, go to the grocery store or other retail outlets, and must arrange no-contact delivery of food, medication and other essentials. When at home, people work-isolating must follow the self-isolation guidance.

### \*Rotational workers

If you are on a set work schedule, alternating between time away at work and time at home (i.e. 50% of your time, or more, is spent working out of province) and you are home for **21 days or less**, you are considered a rotational worker. Testing is required but you do not have to isolate away from your family.

For the duration of your time at home (**21 days or less**), you must wear a non-medical mask or face covering when in public, keep your circle of contacts small, avoid all gatherings, wash hands frequently and respect all public health measures.

### \*\* Federally Exempted Workers: Transportation crew, Coast Guard, Military

When traveling internationally, commercial pilots and their air crew, commercial truck drivers, Coast Guard, and military personnel whose travel is for work, are exempt from self-isolation under the federal order: *Minimizing the Risk of Exposure to COVID-19 in Canada*. However, when on PEI you must be tested at day 0-2, 4-7 and 10-12. As well, for the first 14 days at home, you must wear a non-medical mask or face covering when in public, keep your circle of contacts small, avoid all gatherings, wash hands frequently and respect all public health measures.

### International students and temporary foreign workers

International students and temporary foreign workers must self-isolate for 14 days upon arrival to PEI. Testing is required at day 0-2 and 10-12 after arrival.