Self-Isolation and Testing
for all Asymptomatic Travellers Arriving to Newfoundland and Labrador

Complete this questionnaire to determine if you need to be tested for COVID-19 and self-isolate after arriving to the province. Children under the age of 5, and people staying in the province for two days or less, are not required to get tested for COVID-19.

1. Have you been in Atlantic Canada for the last 14 days before arriving in this province? OR
   Are you a resident of Newfoundland and Labrador, Fermont or the Quebec Lower North Shore area entering the province from one of the communities along the Labrador-Quebec Border that has not travelled beyond these areas in the last 14 days?
   - YES: You are not required to get tested for COVID-19. You are not required to self-isolate.
   - NO: Continue to the next question.

2. Have you been vaccinated against COVID-19?
   - YES: Please refer to the Family and Group Travel Flowchart. (See Page 2)
   - NO: Continue to the next question.

3. Does everyone you are travelling with have the same vaccination status?
   - YES: You are required to complete the Travel Form within 30 days of travel at https://travel-declaration.nlchi.nl.ca
     Once completed, you will be sent instructions on how to book your COVID-19 test, if required.
   - NO: You are required to self-isolate. You can avail of a shorter self-isolation period with receipt of a negative COVID-19 test taken no earlier than day 7 of your self-isolation period.
For Families and Groups arriving to Newfoundland and Labrador

Complete this questionnaire if you are travelling with a group to determine if you need to be tested for COVID-19 and self-isolate after arriving to the province. Children under the age of 5 are not required to get tested for COVID-19.

- Has everyone you are travelling and sharing accommodations with ages 12 years and older had at least one dose of COVID-19 vaccine? **YES**

- Are you travelling with anyone under the age of 12? **YES**

Children under the age of 12 follow the same requirements based on the vaccination status of their guardian.

- Are you travelling alone? **NO**

- Children travelling alone follow the requirements based on the vaccination status of their caregiver in Newfoundland and Labrador, even if the caregiver is not a traveller.

- All travellers must isolate. They can avail of a shorter self-isolation period if the unvaccinated traveller(s) receives a negative COVID-19 test taken on day 7 or later of the self-isolation period. Fully or partially vaccinated travellers have no testing requirements.

- Are all travellers able to self-isolate away from non-travellers? **NO**

This means in a separate household, or a completely separate area of a house with your own bathroom and bedroom.

- Unvaccinated traveller(s) must self-isolate. They can avail of a shorter self-isolation period with receipt of TWO negative COVID-19 tests (One taken upon arrival and a second on day 7 or later of the self-isolation period).

- Fully or partially vaccinated individuals isolating with the unvaccinated traveller must also isolate but have no testing requirement.

- Travellers are not required to isolate or have a COVID-19 test.