

Special Measures Order (Exemption Order)
Made Pursuant to Section 28 of the Public Health and Protection and Promotion Act
Frequently Asked Questions for Individuals and Businesses

Background

- On March 18, 2020, the Minister of Health and Community Services, on the advice of the Chief Medical Officer of Health (CMOH), declared a public health emergency as a result of the COVID-19 pandemic. While this declaration is in effect, the CMOH may do one or more of the special measures authorized under section 28 of the **Public Health Protection and Promotion Act** for the purpose of protecting the health of the population and mitigating the effects of the public health emergency.
- The CMOH made a Special Measures Order (Amending Order) effective March 20, 2020 whereby all individuals arriving in Newfoundland and Labrador from outside the province must self-isolate for 14 days.
- However, the CMOH believes that certain asymptomatic workers (i.e., who are travelling to and from the province for work) and who are essential to the movement of goods and people when arriving in Newfoundland and Labrador from another province or territory in Canada should be exempted from this requirement.
- Additionally, the CMOH believes that certain asymptomatic individuals when arriving in Newfoundland and Labrador from Quebec should be exempted from this requirement.
- The following document is intended to clarify for the public who exactly these workers and individuals are and to help answer some frequently asked questions.

Questions/Answers

1. What is self-isolation?
 - This means staying at home, not using public transportation or taxis and not going to work, school or other public places.
 - It also means only having visitors in your home who must absolutely see you while limiting contact with seniors and other individuals with chronic medical conditions such as diabetes, lung problems or immune deficiency.
 - For further details, see <https://www.health.gov.nl.ca/health/publichealth/cdc/coronavirus/healthcareprofessionals/factsheet-covid-19-guide-isolation-caregivers.pdf>

2. Under the Exemption Order noted above, what workers are exempted from the requirement to self-isolate for 14 days?
 - Asymptomatic workers (i.e., with no flu-like symptoms) **while travelling to and from the province for work** in the trade, transportation, mining, hydroelectric and oil and gas sectors arriving from another province or territory in Canada including the following:
 - Truck and transport drivers;
 - Military/Commercial plane and helicopter crew;
 - Marine vessel crew (e.g., fishing, navy, freight, supply, coast guard, Marine Atlantic);
 - Offshore oil workers;
 - Mining workers;
 - Hydro-electric workers; and
 - Contractors travelling to the province to perform maintenance on critical infrastructure.
 - For greater certainty, workers travelling to and from the province to offshore oil installations off the coast of Newfoundland and Labrador are considered to not have left the province by travelling to the offshore. These workers are exempt from the requirement to self-isolate for 14 days as long as they are asymptomatic.
3. What are the responsibilities of marine workers who are entitled to shore leave?
 - Marine workers who come ashore in the province must self-isolate for the full duration of their shore leave.
4. Under the Exemption Order noted above, in addition to certain workers travelling to and from the province for work, who else is exempt from the requirement to self-isolate for 14 days?
 - Asymptomatic individuals (individuals showing no flu-like symptoms) crossing the Newfoundland and Labrador-Quebec border (i.e., Fermont/Blanc-Sablon) **for work and health care purposes.**
5. Although certain workers and individuals are not required to self-isolate, they are still required to practice social distancing and closely self-monitor for symptoms of COVID-19. What does social distancing mean?
 - Social distancing means limiting your physical contact with other people in order to stop, slow down or contain the spread of COVID-19. It means avoiding crowds and maintaining a 2 arm's length distance from other people.
 - Activities to avoid to maintain appropriate social distancing include:
 - group gatherings (e.g. birthday parties, weddings, funerals, etc.);
 - having visitors in your home;

- sleepovers, playdates and other in person social interactions with friends;
- public spaces (e.g. malls); and
- crowded stores.