

## Public Health Advice

### Non-essential travel in and out of zones in the Orange alert level

New Brunswickers can continue to travel within the province for work, school, essential errands and medical appointments. Non-essential travel\* in and out of zones that have been placed in the Orange level should be minimized where possible.

#### Living in a Yellow-level zone and traveling to an Orange-level zone

People living in zones in the Yellow alert level are asked to avoid non-essential travel to zones in the Orange alert level. Anyone who lives in a Yellow-level zone and travels to an area in an Orange-level zone from the time the alert level changes is encouraged to follow these measures for 14 days after they return to their Yellow-level zone, even if they have tested negative for COVID-19:

- Wear a mask when in public indoor and outdoor spaces;
- Be vigilant in self-monitoring for symptoms and get tested as soon as possible should they develop;
- Limit your contacts to your one-household bubble;
- Avoid visiting those most vulnerable to COVID-19, including those in nursing homes and other adult residential facilities;
- Wash your hands or use sanitizer frequently;
- Maintain a two-metre distance from others; and,
- Avoid gatherings and social events.

#### Traveling from an Orange-level zone to a Yellow-level zone

People living in Orange-level zones are asked to avoid non-essential travel to Yellow-level zones from the time the alert level changes until otherwise notified. If they do travel, they are asked to take the same measures listed above during their time in the Yellow-level zone.

#### Living and traveling within Orange-level zones

Anyone in an Orange-level zone is encouraged to follow these measures at all times:

- Wear a mask when in public indoor and outdoor spaces;
- Be vigilant in self-monitoring for symptoms and get tested as soon as possible should they develop;
- Limit your contacts to your one-household bubble;
- Avoid visiting those most vulnerable to covid-19, including those in nursing homes and other adult residential facilities;
- Wash your hands or use sanitizer frequently;
- Maintain a two metre distance from others; and,
- Avoid gatherings and social events.

You may continue to access goods and services that are open to the public (ie. retail, groceries, salons, restaurants with the people in your one-household bubble)

Please be kind and respectful to one another. By working together and supporting each other, we can all do our part to reduce the spread of COVID-19 in our province.

\* Non-essential travel includes shopping, visiting restaurants, and attending events/gatherings. Essential travel includes travel for work, post-secondary education, bereavement, compassionate reasons or medical appointments. If you live or have traveled in an Orange-level zones and have an appointment with a healthcare provider located in a Yellow-level zone, please contact the designated department or medical facility before your appointing to discuss potential adjustments to services.