



January 13, 2021

To all isolating students:

Important message from Nova Scotia Health

As students arrive for the winter term, we are reminding you that everyone coming from outside Nova Scotia, PEI and Newfoundland/Labrador must quarantine for 14 days. You should also get tested for COVID-19 on day 6, 7 or 8 of your quarantine.

While testing is voluntary, we expect students to help protect their households and communities by getting tested. Just like hand washing, physical distance, wearing masks and completing your quarantine, doing this testing is an important layer of protection against COVID-19.

If you did not get tested on day 6, 7 or 8 of your quarantine, you should still get tested.

Please book your appointment up to 3 days in advance by completing the [COVID-19 self-assessment](#). If you need help with transportation to/from your testing appointment, please call 1-844-996-0694.

Even if you've already been tested, you must get tested again if you develop symptoms. Anyone with symptoms should immediately self-isolate completely (no contact with others in your household) and complete the [COVID-19 self-assessment](#). If you cannot complete the assessment online, you can call 811.

We thank you for your cooperation and your commitment to helping keep everyone safe.