



COVID-19



[Home](#) [COVID-19](#) ▾ [Alert Level System](#) ▾ [Updates](#)  [Individuals & Households](#) ▾
[Businesses & Employees](#) ▾ [Resources](#) ▾ [Youth](#) [Français](#)

[COVID-19](#) > [Alert Level System](#) > [Public Health Orders](#)



Public Health Orders

[Extension of Public Health Emergency](#)  – March 13, 2021

Effective March 18, 2020, the Minister of Health and Community Services declared COVID-19 a public health emergency under the **Public Health Protection and Promotion Act**. While a public health emergency is in effect, the Chief Medical Officer of Health can introduce special measures that they believe are necessary to protect the health of the population.

Individuals and businesses operating in Newfoundland and Labrador are required by law to obey the following Orders:

- Anyone arriving in Newfoundland and Labrador from outside the province is required to:
 - Self-isolate for 14 days after their arrival. See the Self-Isolation Exemption Orders below for a listing of those exempt from self-isolation requirements while working, or as residents of the Labrador/Quebec border communities;

- Complete and submit a travel form: <https://www.gov.nl.ca/covid-19/individuals-and-households/travel-advice-2/>. Some exemptions apply to: people whose final destination is not Newfoundland and Labrador provided their stay is not more than 24 hours, people who arrive daily or several times a day from Labrador/Quebec border communities provided they have completed the travel form once in the previous 30 days, and people who arrive weekly or several times a week provided they have completed the travel form once in the previous 30 days (see: <https://www.gov.nl.ca/covid-19/files/Declaration-Exemption-Order-May-16-2020.pdf> )
- Provide specifics of their plan for complying with the requirement to self-isolate for 14 days; and
- Be available for contact with public health officials during the duration of the 14-day self-isolation period.
- Asymptomatic rotational workers who reside in the province but who work in another province or territory in Canada are exempted from the requirement to self-isolate for 14 days only while they are travelling to and from their home and place of work. When in the province, these workers must otherwise self-isolate.
- All individuals must wear a mask that covers the nose and mouth when in public indoor settings. Exemptions are provided for: children under the age of five; people with physical or mental health conditions; during treatments, services, or physical activity; when showing identification; or in certain seated areas provided physical distancing of two metres can be maintained (<https://www.gov.nl.ca/covid-19/non-medical-masks-use-in-public/>)
- Employers of workers arriving from out of the country must provide [specifics of their plan](#)  to the Occupational Health and Safety Division at Service NL (709-729-2706 or AdamDrover@gov.nl.ca) to ensure these workers are able to comply with the requirement to self-isolate for 14 days following their arrival to the province.
- All individuals who are self-isolating must stay on their own property and cannot go for a drive, unless it is to receive medical attention. Those self-isolating in an apartment or condominium building must stay in their own unit and are not permitted to go in common areas of the building.
- Operators of personal care homes, long term care facilities, and assisted living facilities must ensure that staff are only shared between other homes or facilities in urgent situations where direct care of residents will be adversely affected.
- Visitor restrictions in personal care homes, long-term care facilities, and assisted living facilities are in place.
- Businesses that hold a license under the **Liquor Control Act** whose primary purpose is the consumption of beer, wine, or spirits are closed.
- Performance spaces are closed.
- Cinemas are closed.
- Bingo halls are closed.

Individuals and businesses operating on the Avalon Peninsula (towns, cities and communities east of Little Harbour) are required by law to obey the following Orders:

- Private health care clinics may open in accordance with public health guidelines.
- Retail stores, including those in shopping malls, may open at 50 per cent capacity.
- Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are still permitted).
- Personal services establishments, including spas, esthetic services, hair salons, body piercing, tattooing and tanning salons may open in accordance with public health guidelines.
- Gym and fitness facilities are closed, including yoga studios, swimming pools, tennis and squash facilities, and arenas.
- Dance studios are closed.
- With the exception of immediate family members as necessary for child care purposes or to provide support to isolated people, all other gatherings are limited to those individuals within the same household. For greater certainty, this limitation on informal gatherings does not apply to: those who work or attend school outside of the home; and, custody and access orders and arrangements.
- Wakes and visitations are prohibited. Funerals, burials, weddings, and religious and cultural ceremonies are limited to 10 people, including the officiant.

Individuals and businesses operating in Newfoundland and Labrador, except the Avalon Peninsula (towns, cities and communities east of Little Harbour), are required by law to obey the following Orders:

- Gym and fitness facilities, including yoga studios, swimming pools, tennis and squash facilities, dance studios, and arenas, may reopen provided that capacity is limited to no more than 20 people per room or ice surface and physical distancing can be maintained.
- All group, team sport and recreation activities where children, youth and/or adults gather in-person and where close proximity is required, are suspended.
- Group arts and cultural activities that involve in-person gatherings where close proximity is required are suspended.
- Retail stores, including those in shopping malls, may open at reduced capacity provided physical distancing may be maintained.
- Restaurants may open for in-person dining at 50 per cent capacity where physical distancing of 2 metres between patrons seated at adjacent tables may be maintained. Buffets are prohibited.
- Wakes are prohibited. Limited visitation is permitted provided physical distancing may be maintained between individuals outside of the household.
- Funerals, burials, weddings, and religious and cultural ceremonies are limited to 20 people, provided physical distancing can be maintained.

- For all other gatherings, individuals within the same household are limited to gatherings with the same 10 close and consistent contacts of the household. For greater certainty, this limitation on informal gatherings does not apply to: those who work or attend school outside of the home; and, custody and access orders and arrangements.

A person found in breach of these orders could face a fine of \$500 to \$2,500, or jail time up to 6 months, or both a fine and jail time. A corporation found in breach of these orders could face a fine of \$5,000 to \$50,000. The RNC and RCMP have the authority to issue summary offence tickets to those acting contrary to orders issued under the **Public Health Protection and Promotion Act**. If you feel that an individual or business is acting in contrary to the orders found below, please complete the [Public Report Form](#).

The following orders have been issued under the Public Health Emergency:

- [Special Measures Order \(Alert Level 4 – Avalon Peninsula\)](#) – March 13, 2021
- [Special Measures Order \(Alert Level 3 – Newfoundland and Labrador except Avalon Peninsula\)](#) – March 13, 2021
- [Special Measures Order \(Personal Care Homes, Long Term Care and Assisted Living Facilities – Updated\)](#) – March 13, 2021
- [Special Measures Order \(Travel\)](#) – May 15, 2020
 - [Special Measures Order \(Revised Travel Exemption Order\)](#) – November 25, 2020
- [Special Measures Order \(Masks\)](#) – August 24, 2020
 - [Special Measures Order \(Masks – Schools Amendment\)](#) – February 26, 2021
- [Special Measures Order \(Caul’s Funeral Home\)](#) – March 25, 2020
- [Special Measures Order \(Repeal of Amendment No. 5 – Kearl Lake\)](#) – June 25, 2020
- [Special Measures Order \(Employers of Out of Country Workers\)](#) – April 24, 2020
- [Special Measures Order \(Repeal of Amendment No. 9- Personal Care Homes and Long Term Care Facilities\)](#) – September 9, 2020
- [Special Measures Order \(Assisted Living Facilities\)](#) – September 9, 2020
- [Special Measures Order \(Updated Self-Isolation Exemption Order\)](#) – November 27, 2020
 - [Special Measures Order \(Rotational Workers – Self-Isolation Order\)](#) – March 12, 2021
- [Declaration Exemption Order](#) – May 16, 2020
- [Labrador-Quebec Border Amendments](#) – June 26, 2020

Self-Isolation Information for Rotational Workers



**Department of
Health and
Community
Services**

P.O. Box 8700
1st Floor, West
Block
Confederation
Building
100 Prince Philip
Drive
St.
John's, NL A1B
4J6

Email:

healthinfo@gov.nl.ca

About the
Division
Branches and
Divisions
Agencies
Legislation
Publications
Contact
Twitter |
[@HCS_GovNL](#)

Government
Topics
House of
Assembly
News Releases
Visitors
Contact



**Honourable Dr.
John Haggie**
Mandate Letter

Minister's Office

This page and all contents are copyright, Government of
Newfoundland and Labrador, all rights reserved.

Disclaimer/Copyright/Privacy
Statement.