

As a reminder, below is the most recent info that I can find for NL, Canada, and even for the USA in terms of travel restrictions/regulations that your clients should be aware of. **Its extremely important to note that ALL international clients travelling into Canada MUST complete the ArriveCan Application.**

### **Newfoundland and Labrador**

There have been no significant changes in NL recently and all travellers are permitted to enter Newfoundland and Labrador. Effective February 28, 2022, the Government of Newfoundland and Labrador does not require you to self-isolate or get tested for COVID-19 upon arrival, or complete the Travel Form. If you are entering Newfoundland and Labrador from outside of Canada, the Government of Canada has its own testing, quarantine and entry restrictions.

[Travel Advice - COVID-19 \(gov.nl.ca\)](https://www.gov.nl.ca/travel-advice/covid-19/)

### **Canada**

Checklist of what you need to have ready at the border. To enter or return to Canada as a fully vaccinated traveller, you must follow all of these requirements.

Whether you're driving or flying, have the following items with you for assessment by a government official at the border (land border crossings do not provide WiFi for travellers):

[ArriveCAN receipt with letter A, I, or V beside the vaccinated traveller's name](#)

[Proof of vaccination that was uploaded into ArriveCAN \(original or paper copy\)](#)

[Prepare for arrival testing if selected](#)

Travel document entered in ArriveCAN (e.g. passport)

**NOTE: "as an unvaccinated traveller, you must still quarantine for 14 days from the day you entered Canada"**

[Travel to Canada: Requirements for COVID-19 vaccinated travellers](#)

### **USA**

[U.S. Citizens, U.S. Nationals, U.S. Lawful Permanent Residents, and Immigrants: Travel to and from the United States | CDC](#)