

# Coronavirus disease (COVID-19)

## Mandatory isolation requirements for travellers with COVID-19 symptoms arriving in Canada by LAND, AIR or WATER

The Government of Canada has put in place emergency measures under the Quarantine Act to slow the introduction and spread of COVID-19 and variants in Canada. You are required to meet the requirements under the Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations).

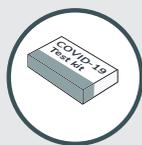
### Mandatory ISOLATION

#### You MUST:



#### ISOLATE

- › **Go directly** to the place where you will isolate **without delay**, or as directed by a screening officer or quarantine officer.
- › **Isolate** at your suitable place of isolation for a minimum of 10 days.



#### TAKE COVID-19 TESTS as directed

- › **Take COVID-19 molecular tests** in Canada as directed, unless you have evidence of a positive COVID-19 test taken 14 – 180 days prior to arrival to Canada.
- › **Keep a copy** of your COVID-19 molecular test results until the end of your isolation.
- › **Provide your test results upon request** to the Government of Canada or government of the province or territory, or to the local public health authority during your isolation period.



#### REPORT AND MONITOR

- › **Report** your arrival at your place of isolation within 48 hours in ArriveCAN (if you used ArriveCAN before you entered Canada) or 1-833-641-0343 (if you didn't use or cannot use ArriveCAN).
- › **Monitor for symptoms** throughout your isolation period.

#### ARRIVING BY WATER:

You are **NOT** subject to the on arrival and Day 8 COVID-19 molecular tests.

### Public health measures to follow while in transit to your suitable place of isolation

- › **Do not use public transportation** (e.g. aircraft, bus, train, subway, taxi or ride-sharing service) to get to your place of isolation.
- › **Wear a well-constructed, well-fitting mask** while in transit, unless you are alone in a private vehicle.
- › **Remain** in the vehicle as much as possible: pay at the pump for gas and use drive through when you need food.
- › **Avoid** stops and contact with others while in transit.
- › **Sanitize** your hands frequently.



**WARNING:** Your compliance with this Order is subject to monitoring, verification and enforcement. If you do not comply you may be transferred to a quarantine facility, face fines, and/or imprisonment.

A government representative will be calling you from **1-888-336-7735** and may also visit you to verify that you are complying with the isolation measures.



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Canada

## Symptoms

If your symptoms worsen or if you develop new symptoms, follow the COVID-19 instructions of the local public health authority (see below). If you receive a positive COVID-19 molecular test, you must isolate for an additional 10 days. The isolation period begins on the date you completed the test with the test provider, or the date of the test result if the test date cannot be validated.

- › new or worsening cough
- › shortness of breath/difficulty breathing
- › feeling feverish, chills, or temperature equal to or over 38°C
- › skin changes or rashes (in children)
- › muscle or body aches, fatigue, weakness
- › feeling very unwell
- › new loss of smell or taste
- › headache
- › gastrointestinal symptoms like abdominal pain, diarrhea, or vomiting

## Actions in isolation



### DO

- ✓ **Avoid all in-person interaction with others, including members of your household, if possible.**
  - When unable to avoid sharing a space with members of your household, everyone should wear a medical mask or a well-constructed and well-fitting non-medical mask
  - Shared spaces should be well-ventilated by opening windows, as weather permits
  - All household members should practice hand hygiene, and cleaning / disinfecting surfaces and objects
- ✓ **Access the necessities of life** (e.g. water, food, medication, and heat) without leaving isolation. Food, groceries, or other necessities should be left at your door for contactless delivery.
- ✓ **Only go outside on a private balcony** or yard while respecting physical distancing from other household members.
- ✓ **Use a separate bedroom and bathroom; you may only use a shared bathroom if permitted by a quarantine officer and in accordance with additional instructions provided.**
- ✓ **Practice physical distancing** of at least 2 metres at all times.
- ✓ **Respond to calls or visits** from screening officers or law enforcement.
- ✓ **Follow guidelines from local public health.** If there is a conflict between public health and this handout, follow the strictest measure.



### DON'T

- ✗ **Do not use shared spaces** such as lobbies, courtyards, restaurants, gyms or pools.
- ✗ **Do not have any visits** from family, friends, or other guests.
- ✗ **Do not leave your place of isolation except** for an essential medical service or treatment, to obtain a COVID-19 molecular test, or as authorized by a quarantine officer.
  - If you must seek medical care do:
    - Wear a medical mask.
    - Use a private vehicle, do not take public transportation

## Public health authorities

| Provinces and territories | Telephone number      | Website  |
|---------------------------|-----------------------|--|
| British Columbia          | 811                   | <a href="http://www.bccdc.ca/covid19">www.bccdc.ca/covid19</a>                           |
| Alberta                   | 811                   | <a href="http://www.myhealth.alberta.ca">www.myhealth.alberta.ca</a>                     |
| Saskatchewan              | 811                   | <a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a>               |
| Manitoba                  | 1-866-626-4862        | <a href="https://manitoba.ca/covid19/">https://manitoba.ca/covid19/</a>                  |
| Ontario                   | 1-866-797-0000        | <a href="http://www.ontario.ca/coronavirus">www.ontario.ca/coronavirus</a>               |
| Quebec                    | 1-877-644-4545        | <a href="http://www.quebec.ca/en/coronavirus">www.quebec.ca/en/coronavirus</a>           |
| New Brunswick             | 811                   | <a href="http://www.gnb.ca/publichealth">www.gnb.ca/publichealth</a>                     |
| Nova Scotia               | 811                   | <a href="http://www.novascotia.ca/coronavirus/">www.novascotia.ca/coronavirus/</a>       |
| Prince Edward Island      | 811                   | <a href="http://www.princeedwardisland.ca/covid19">www.princeedwardisland.ca/covid19</a> |
| Newfoundland and Labrador | 811 or 1-888-709-2929 | <a href="http://www.gov.nl.ca/covid-19">www.gov.nl.ca/covid-19</a>                       |
| Nunavut                   | 1-867-975-5772        | <a href="http://www.gov.nu.ca/health">www.gov.nu.ca/health</a>                           |
| Northwest Territories     | 811                   | <a href="http://www.gov.nt.ca/covid-19">www.gov.nt.ca/covid-19</a>                       |
| Yukon                     | 811                   | <a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a>                         |