**CORONAVIRUS DISEASE (COVID-19)**

You may have come in contact with the virus that causes COVID-19

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**MANDATORY QUARANTINE**

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada. You **MUST QUARANTINE for 14 days** and monitor yourself for symptoms subject to the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation) No. 2.*

Your compliance with this Order is subject to monitoring, verification and enforcement. Those in violation may face detention in a quarantine facility as well as fines and/or imprisonment.

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**YOU MUST QUARANTINE WITHOUT DELAY**

- **Go directly to your place of quarantine** without delay and stay there for 14 days from the date you arrived in Canada, or longer if you develop signs and symptoms of COVID-19, or have been exposed to another person subject to the Order who has signs and symptoms of COVID-19.

- **Do not quarantine** in a place where you have contact with vulnerable individuals, including those who have an underlying medical condition, compromised immune system from a medical condition or treatment, or are 65 years of age or older.

- **Ensure you have a suitable place of quarantine** that has the necessities of life.

- **Ensure you wear an appropriate mask or facial covering**, especially while in transit.

- **Practise physical distancing** at all times.

- **Use private transportation** such as a private vehicle if possible.

- **Do not make any stops** on your way to place of quarantine.

- **Avoid contact with others** while in transit:
  - Remain in the vehicle as much as possible;
  - Do not stay at a hotel;
  - If you need gas, pay at the pump;
  - If you need food, use a drive through;
  - If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices.

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**YOU MUST MONITOR YOUR HEALTH FOR 14 DAYS**

If you start having symptoms of COVID-19 (cough, shortness of breath, or fever equal to or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating):

- **Isolate yourself from others.**

- **Immediately call** the public health authority and describe your symptoms and travel history, and follow their instructions.
WHILE IN QUARANTINE

It is important that you:

- **Wash your hands often** with soap and warm water for at least 20 seconds, or use an alcohol-based hand sanitizer if soap and water are not available.
- **Avoid touching your face.**
- **Cover your mouth and nose** with your arm when coughing or sneezing.
- **Limit contact with others** within the place of quarantine, including children and those who have not travelled nor been exposed to the virus.

You MUST:

- **Stay** at your place of quarantine.
- **Not leave** your place of quarantine unless it is to seek medical attention.
- **Not use public transportation** (e.g. buses, taxis).
- **Not have visitors.**
- **Not go to school, work or any other public areas.**
- **Arrange for the necessities of life** (e.g. food, medications, cleaning supplies) to be delivered to your place of quarantine.

Follow the instructions provided and online:

PUBLIC HEALTH AUTHORITIES

<table>
<thead>
<tr>
<th>PROVINCES AND TERRITORIES</th>
<th>TELEPHONE NUMBER</th>
<th>WEBSITE</th>
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<tbody>
<tr>
<td>British Columbia</td>
<td>811</td>
<td><a href="http://www.bccdc.ca/covid19">www.bccdc.ca/covid19</a></td>
</tr>
<tr>
<td>Alberta</td>
<td>811</td>
<td><a href="http://www.myhealth.alberta.ca">www.myhealth.alberta.ca</a></td>
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<tr>
<td>Saskatchewan</td>
<td>811</td>
<td><a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a></td>
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<tr>
<td>Manitoba</td>
<td>1-888-315-9257</td>
<td><a href="http://www.manitoba.ca/covid19">www.manitoba.ca/covid19</a></td>
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<tr>
<td>Ontario</td>
<td>1-866-797-0000</td>
<td><a href="http://www.ontario.ca/coronavirus">www.ontario.ca/coronavirus</a></td>
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<td>New Brunswick</td>
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<td><a href="http://www.gnb.ca/publicHealth">www.gnb.ca/publicHealth</a></td>
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<td>Nova Scotia</td>
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<td><a href="http://www.nshealth.ca/public-health">www.nshealth.ca/public-health</a></td>
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<td>Prince Edward Island</td>
<td>811</td>
<td><a href="http://www.princeedwardianland.ca/covid19">www.princeedwardianland.ca/covid19</a></td>
</tr>
<tr>
<td>Newfoundland and Labrador</td>
<td>811 or 1-888-709-2929</td>
<td><a href="http://www.gov.nl.ca/covid-19">www.gov.nl.ca/covid-19</a></td>
</tr>
<tr>
<td>Nunavut</td>
<td>1-867-975-5772</td>
<td><a href="http://www.gov.nu.ca/health">www.gov.nu.ca/health</a></td>
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<td>Northwest Territories</td>
<td>911</td>
<td><a href="http://www.hss.gov.nt.ca">www.hss.gov.nt.ca</a></td>
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<tr>
<td>Yukon</td>
<td>811</td>
<td><a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a></td>
</tr>
</tbody>
</table>

SPECIAL PROVISIONS

- Exceptions have been made for certain individuals or certain types of workers who provide essential services.
- Workers in these sectors should contact their employer for specific instructions, maintain a distance of 2 metres from others at all times, closely self-monitor for symptoms, and follow the instructions provided above should they have symptoms.

FOR MORE INFORMATION:

☎️ 1-833-784-4397  🌐 canada.ca/coronavirus