

Coronavirus disease (COVID-19)



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Government of Canada border measures

The Government of Canada has put in place emergency measures to reduce the introduction and spread of COVID-19 and variants of concern in Canada. Symptoms can take up to 14 days to develop and the virus can be transmitted to others. To help keep others safe, you must meet the requirements under the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation, and Other Obligations)*.

Your compliance with the requirements below is subject to verification and enforcement. Those in violation may face transfer to a quarantine facility as well as fines and/or imprisonment.

Persons exempt from mandatory quarantine

- › Some persons are not subject to the requirement to quarantine when entering Canada for certain purposes as identified in the Order. Exemption eligibility will be validated for each entry into Canada.
- › The exemption from quarantine does not apply if you:
 - have symptoms (see back of handout), OR
 - have reasonable grounds to suspect you have COVID-19 (i.e., due to exposure to someone who has or is suspected to have COVID-19)
- › If either of these occur, you **MUST ISOLATE** for 10 days, and disclose this information to the screening officer or quarantine officer who will provide additional instructions.
- › While this exemption from the requirement to quarantine may apply to certain individuals entering Canada, some provinces and territories may have additional and different requirements that could affect entry (for example, limited access to certain regions within the province, etc.).
- › Please refer to provincial or territorial websites on the back of this handout for more information.

Testing requirements

- › **Exemption from mandatory quarantine does not necessarily mean you are exempt from the pre-arrival testing requirement.**
- › For those who were required to present a COVID-19 molecular test result on arrival to Canada, you must:
 - retain a copy of the COVID-19 molecular test results for the 14-day period which begins on the day you entered Canada, or for 10 additional days if you become symptomatic or test positive; and
 - provide that evidence, upon request, to any Government of Canada or provincial/territorial government official or to the local public health authority of the place where you are located.

If you are identified as an individual who is exempt from the requirement to quarantine, you are still required to do the following:



Wear a well-constructed, well-fitting mask to minimize the risk of introducing or spreading COVID-19, if you are in a shared space (indoor or outdoors, or advised by public health authority)



Monitor your health for symptoms of COVID-19, for 14 days each time you re-enter Canada



Respect the public health guidance and instructions of the area where you are travelling and prevention measures from your workplace



Maintain a list of the names and contact information of each person with whom you came into close contact and the locations visited during that 14-day period



Monitor signs and symptoms

You must monitor for symptoms for 14 days after each time you enter Canada. **Common signs and symptoms include:**

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

If you develop any symptoms consistent with COVID-19, test positive for COVID-19 or are exposed to someone with a positive result you must:

- › Isolate yourself from others immediately for a period of 10 days. The isolation period starts the earliest of:
 - the date you developed your symptoms OR
 - the date you completed the COVID test, if the date is validated by the test provider OR
 - the date of the test result.
- › Follow the COVID-19 instructions of the public health authority in the province or territory where you are located (see contact information below).

While in Canada



Download and use Canada's exposure notification app (COVID Alert)



Maximize your distance from others by staying at least 2 metres from those who are not a part of your immediate household and those at risk of more severe disease or outcomes



Wash your hands often with soap and warm water for 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol



Practice good hygiene: avoid touching your face, clean and disinfect your surfaces and objects



Cover your mouth and nose with your arm when you cough or sneeze

Public Health Authorities

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

For more information:



1-833-784-4397



Canada.ca/coronavirus