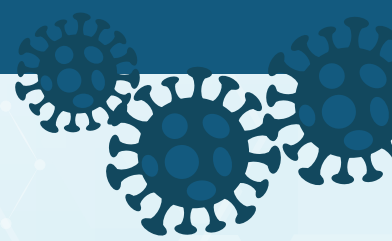


CORONAVIRUS DISEASE (COVID-19)



YOU MAY HAVE COME IN CONTACT WITH THE VIRUS THAT CAUSES COVID-19

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada. All persons entering Canada **MUST QUARANTINE for 14 days, provide contact information as requested and monitor themselves for symptoms** subject to the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation) No. 4*.

Your compliance with this Order 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

Certain persons are exempt from the mandatory quarantine requirement of the Order when entering Canada **for the purposes of performing an essential job or function** as identified in the Order.

This exemption does not apply to anyone who has signs and symptoms of COVID-19.

If you have symptoms (see back of handout) upon entry into Canada, you must disclose this information to the border services officer or quarantine officer who will provide additional instructions.

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



Wear a non-medical mask or face covering while in public settings if physical distancing cannot be maintained.



Continually monitor your health for signs and 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.

While this exemption may apply to certain individuals entering Canada, some provinces and territories may have 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.



YOU MUST MONITOR YOUR HEALTH

FEVER



COUGH



DIFFICULTY BREATHING

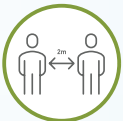


For 14 days after each time you enter Canada, if you develop any symptoms consistent with COVID-19 (cough, shortness of breath, fever equal to or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating):

- ▶ immediately isolate yourself from others;
- ▶ contact the public health authority in the province or territory where you are located as soon as possible and follow their instructions (see below);
- ▶ contact your employer for further instructions related to your work if travelling for work purposes.

Please refer to <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html#> for additional symptoms common to COVID-19 or information on risk factors for increased exposure and severe outcomes from COVID-19.

WHILE IN CANADA, IT IS ALSO RECOMMENDED THAT YOU



Limit your contact with others.



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



Avoid touching your face.



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	1-888-315-9257	www.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.nshealth.ca/public-health
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.hss.gov.nt.ca
Yukon	811	www.yukon.ca/covid-19

FOR MORE INFORMATION

 **1-833-784-4397**

 **canada.ca/coronavirus**