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 and monitor themselves for signs and symptoms subject to the Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation) No.2.

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.

PERSONS EXEMPT FROM MANDATORY QUARANTINE

The mandatory quarantine requirement of the Order does not apply to certain people who may be returning to or entering Canada for essential purposes, so long as they are not experiencing signs and symptoms consistent with COVID-19.

You are identified as an individual who is exempted from the requirement for mandatory quarantine. We ask that you respect the intent of the Order to minimize the spread of COVID-19 in Canada.

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

You are required to continually monitor your health for signs and symptoms of COVID-19, including for 14 days each time you re-enter Canada. You are also reminded to be aware of and respect the public health guidance and instructions of the area where you are travelling, and prevention measures from your workplace.

If you have the symptoms below before or upon entry into Canada, you must disclose this information to the border services officer or quarantine officer who will provide additional instructions.

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.

MONITOR YOUR HEALTH

FEVER

COUGH

DIFFICULTY BREATHING

For 14 days after each time you enter Canada, if you develop signs and symptoms consistent with 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):

- immediately isolate yourself from others in your living space;
- contact the public health authority in the province or territory where you are located as soon as possible and follow their instructions (see back of sheet); and
- contact your employer for further instructions related to your work.
It is recommended that you:

- Wash your hands often with soap and warm water for at least 20 seconds or, if not available, use an alcohol-based hand sanitizer containing at least 60% alcohol.
- Avoid touching your face.
- Cover your mouth and nose with your arm when coughing or sneezing.
- Keep a two-metre distance (physical distancing) from others at all times.
- Wear a non-medical mask or face covering if physical distancing cannot be consistently maintained.
  - Non-medical masks or face coverings should be:
    - made with at least two layers of tightly woven fabric;
    - constructed to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops.
  - Wearing a non-medical mask or face covering in the community has not been proven to protect the person wearing it.
  - If you are wearing a mask, be sure to practise good hand hygiene and respiratory etiquette.
- Ensure that your living arrangements while staying in Canada enable you to avoid vulnerable individuals, including those who have an underlying medical condition, compromised immune system, or are 65 years of age or older.
- Do not have visitors, particularly those described above.
- Avoid non-essential community and cultural gatherings.