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 signs and symptoms as required by 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.

While this exemption from the requirement to quarantine 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.

Persons exempt from mandatory quarantine

Some persons are not subject to the mandatory quarantine requirement when entering Canada for certain purposes as identified in the Order. Exemption will be validated for each entry into Canada.

Persons who enter Canada by aircraft who are required to provide proof of a negative test result, must retain the result of their COVID-19 molecular test for the 14-day period that begins on the day on which they enter Canada.

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

If you have signs and 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, and you must isolate for 14 days.

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 non-medical mask while in public settings if physical distancing of 2m cannot be maintained, or when sharing private indoor spaces with people from outside your immediate household.
- Continually monitor your health for signs and symptoms of COVID-19, including 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.
You must monitor your health

For 14 days after each time you enter Canada, if you develop any symptoms consistent with COVID-19 such as:

- 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, or weakness
- new loss of smell or taste
- headache
- gastrointestinal symptoms like abdominal pain, diarrhea, vomiting, or feeling very unwell

You must:
- Isolate yourself from others immediately
- Follow the COVID-19 instructions of the public health authority in the province or territory where you are located (see contact information below)
- Contact your employer for further instructions related to your work if travelling for work purposes


For information on risk factors for increased exposure to COVID-19 and/or more severe disease or outcomes, visit canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html.

While in Canada

- Download and use Canada’s contact tracing app (COVID Alert).
- Limit your contact with others, particularly those at risk of more severe disease.
- Wash your hands often with soap and warm water for 20 seconds 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

<table>
<thead>
<tr>
<th>Provinces and territories</th>
<th>Telephone number</th>
<th>Website</th>
</tr>
</thead>
<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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<td>Saskatchewan</td>
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<td><a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a></td>
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<tr>
<td>Manitoba</td>
<td>1-866-626-4862</td>
<td><a href="https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current">https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current</a></td>
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<td><a href="https://www.youtube.com/user/ManitobaGovernment">https://www.youtube.com/user/ManitobaGovernment</a></td>
</tr>
<tr>
<td>Ontario</td>
<td>1-866-797-0000</td>
<td><a href="http://www.ontario.ca/coronavirus">www.ontario.ca/coronavirus</a></td>
</tr>
<tr>
<td>New Brunswick</td>
<td>811</td>
<td><a href="http://www.gnb.ca/publichealth">www.gnb.ca/publichealth</a></td>
</tr>
<tr>
<td>Nova Scotia</td>
<td>811</td>
<td><a href="http://www.novascotia.ca/coronavirus/">www.novascotia.ca/coronavirus/</a></td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>811</td>
<td><a href="http://www.princeedwardisland.ca.ca/covid19">www.princeedwardisland.ca.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>811</td>
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</tr>
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<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>

For more information: ☎️ 1-833-784-4397 @ Canada.ca/coronavirus