

Coronavirus disease (COVID-19)

Mandatory requirements for travellers who are subject to isolation arriving by air

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The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 and variants in Canada. **You MUST ISOLATE for 14 days, at a suitable location, and monitor your signs and symptoms** as required by the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations)*.

You MUST:

- › **ISOLATE** yourself without delay at a designated quarantine facility or place of isolation in accordance with the instructions provided by a screening officer or quarantine officer
- › **UNDERGO** a COVID-19 molecular test on the **FIRST DAY** you enter Canada and on **DAY 10** of your isolation period as directed by a quarantine officer
- › **REMAIN** in isolation until the expiry of the 14-day period that begins on the day you arrive in Canada
- › **UNDERGO** any health assessments that a quarantine officer requires
- › **REPORT** to the public health authority specified by a screening officer or quarantine officer if you require additional medical care
- › **REPORT** the following through the ArriveCAN app, online at Canada.ca/ArriveCAN or call 1-833-641-0343:
 - **Your arrival at the address of isolation you provided within 48 hours** after entering Canada
 - If you used ArriveCAN to enter Canada, you must continue to use it to report your arrival
 - If you did not use ArriveCAN to enter Canada, call 1-833-641-0343 to report arrival
- › **KEEP** a copy of all your COVID-19 molecular test results. You may be asked to provide this proof to a Government of Canada or Provincial/Territorial Government official or to the local public health authority during your isolation period

A suitable place of isolation MUST be a place where you:

- › **DO NOT** need to use public transportation (e.g. aircraft, bus, train, subway, taxi or ride-sharing service), to travel to the place you will isolate yourself
- › **CAN STAY** for 14 days or possibly longer
- › **WILL NOT HAVE** contact with people who:
 - are 65 years or older
 - have underlying medical conditions
 - have compromised immune systems
 - work or assist in a facility, home or workplace that includes at-risk populations, including:
 - Nurses, doctors, other healthcare professionals, personal support workers, social workers
 - First responders, such as paramedics
 - Cleaning and maintenance staff, receptionists and administrative staff, food services staff, volunteers, essential visitors to those living in long-term care facilities
- › **CAN HAVE** a separate bedroom from those who did not travel with you
- › **CAN AVOID** contact with others who did not travel with you
- › **HAVE ACCESS** to the necessities of life, including water, food, medication and heat without leaving isolation
- › **WILL NOT STAY in a group living environment.** Some examples include:
 - a shelter, group home, group residence, hostels, industrial camps, construction trailers or other group setting
 - a student residence (unless you've received prior authorization)
 - a small apartment you share with others
 - a shared household with a large family or families or many people
 - shared living spaces with housemates who haven't travelled with you that you cannot avoid interacting with

Public health measures to follow while in transit

- › **WEAR** a well constructed, well fitting non-medical mask while in transit, unless you are alone in a private vehicle
- › **REMAIN** in the vehicle as much as possible
- › **AVOID** stops and contact with others while in transit
- › **PRACTICE** physical distancing of 2m at all times while in transit
- › **PAY** at the pump for gas and use drive through when you need food
- › **SANITIZE** your hands when entering/exiting the vehicle



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While in isolation

- › **RESPOND** to calls or visits from screening officers or peace officers
- › Do **NOT** leave your place of isolation unless it is for a medical emergency, an essential medical service or treatment, to obtain a COVID-19 molecular test, or it is pre-authorized by a Quarantine Officer
- › **UNDERGO** any health assessments that the Quarantine Officer requires
- › **ONLY** go outside on private balcony or yard with those who are also in isolation with you
- › **Do NOT** have any guests
- › **Do NOT** use shared spaces such as lobbies, courtyards, restaurants, gyms or pools

You must monitor your health for 14 days

If your symptoms worsen or if you develop new symptoms, follow the COVID-19 instructions of the local public health authority (see below). **The following symptoms are associated with COVID-19:**

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

Your compliance with these requirements is subject to verification and enforcement

You will be called from 1-888-336-7735 and will be visited by a screening officer or law enforcement to verify your compliance during your 14-day Isolation. You will receive calls with prerecorded messages and email reminders of your obligations.

Those who do not comply with the requirements may be transferred to a quarantine facility, face fines, tickets, and/or imprisonment.

- › Note that you may also be contacted by provincial or territorial authorities throughout the 14-day period.
- › If federal and provincial or territorial guidelines differ, you should follow the strictest requirements.

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/restartmb/prs/orders/index.html#current www.youtube.com/user/ManitobaGovernment
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 details on how your personal information is collected, used and disclosed by the Public Health Agency of Canada to administer and enforce the Quarantine Act and the Emergency Orders made under it, please visit this website: www.canada.ca/en/public-health/corporate/stay-informed-stay-connected/canarrive-privacy-notice.html