Mandatory quarantine

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada. You MUST QUARANTINE for 14 days, provide contact information and monitor yourself for symptoms subject to any Order made under the Quarantine Act imposing isolation or quarantine requirements upon entry.

Your compliance is subject to verification and enforcement. Those in violation may face transfer to a quarantine facility, as well as fines and/or imprisonment. Keep this instruction handout to support your compliance with the requirements outlined below.

› Ensure you have a suitable place of quarantine that has access to the necessities of life and is not shared with those at risk of more severe disease.
› Do not quarantine in places you can’t separate yourself from those who live with you. For example:
  › in a group or communal living setting;
  › in a household with large families or many people;
  › in a shared small apartment, or have roommates who have not travelled with you; or
  › at a camp, student dorm or other group setting where there is close contact and shared common spaces.
› Go directly to your place of quarantine without delay and stay there for 14 days from the date you arrived in Canada.

› You must wear a suitable non-medical mask or face covering while in transit, unless you are alone in a private vehicle.
› Practise physical distancing at all times.
› Where possible, use only private transportation such as a private vehicle to reach your place of quarantine.

x Avoid contact with others while in transit:
  › Remain in the vehicle as much as possible;
  › If you need gas, pay at the pump;
  › If you need food, use a drive through;
  › If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices.

Some provinces and territories have additional travel restrictions

Please refer to the list of provincial and territorial websites on the back of this handout for more information.

You MUST monitor your health for 14 days

If you start experiencing any symptoms of COVID-19 (new or worsening cough, shortness of breath, fever equal to or greater than 38°C, chills, fatigue or weakness, muscle or body aches, new loss of smell or taste, headache, gastrointestinal symptoms like abdominal pain, diarrhea, vomiting; or feeling very unwell):

› Isolate yourself from others;
› Follow the COVID-19 instructions of the local public health authority (see back for contact information).

The 14-day period starts again if, during your quarantine period, you develop any signs and symptoms of COVID-19, including those noted above, or if you are exposed to another person subject to these Orders who exhibits signs and symptoms or tests positive for COVID-19.

› For information on flights, cruise ships or trains (any public conveyance) where you may have been exposed to COVID-19 during recent travel, please refer to www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/exposure-flights-cruise-ships-mass-gatherings.html
› For information on risk factors for increased exposure to COVID-19 and/or more severe disease or outcomes please refer to www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html

Coronavirus disease (COVID-19)

You may have come into contact with the virus that causes COVID-19
To help reduce the spread of COVID-19

Go directly to your place of quarantine, and avoid making any stops while in transit.

Check-in within 48 hours of arrival through the ArriveCAN app, online at https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca or call 1-833-641-0343.

Report your symptoms through the ArriveCAN app, online at https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca or call 1-833-641-0343 every day until the end of your 14-day quarantine.

What you can and cannot do during your 14-day quarantine

PROHIBITED during quarantine

x You may not leave your place of quarantine unless it is to seek time-sensitive medical services, or you have received authorization for a limited release from quarantine on compassionate grounds and stringently follow directives provided.

x You may not have any guests even if you are outside and stay 2m apart from them.

x Do no use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.

PERMITTED during quarantine

In your place of quarantine you may:

› Live with family/friends who have not travelled with you provided you have a separate bedroom and bathroom, if possible.

› Use shared spaces such as a kitchen, provided you:

   › limit interactions with others in the household and wear a mask or face covering if a 2m distance cannot be maintained;

   › thoroughly and regularly clean common areas after use.

› Use private outdoor spaces (i.e. balcony)

RECOMMENDED during quarantine

› 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.

You will be called from 1-888-336-7735 to verify your compliance during your 14-day quarantine.

Note that you may also be contacted by provincial/territorial authorities throughout your 14-day isolation. If federal and provincial/territorial guidelines differ, you should follow the most precautionary and stringent requirements.

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>
</tr>
<tr>
<td>Saskatchewan</td>
<td>811</td>
<td><a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a></td>
</tr>
<tr>
<td>Manitoba</td>
<td>1-888-315-9257</td>
<td><a href="http://www.manitoba.ca/covid19">www.manitoba.ca/covid19</a></td>
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<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.nshealth.ca/public-health">www.nshealth.ca/public-health</a></td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>811</td>
<td><a href="http://www.princeedwardisland.ca/covid19">www.princeedwardisland.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.nt.ca/health">www.gov.nt.ca/health</a></td>
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<td>Northwest Territories</td>
<td>811</td>
<td><a href="http://www.hss.gov.nt.ca">www.hss.gov.nt.ca</a></td>
</tr>
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<td>Yukon</td>
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<td><a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a></td>
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