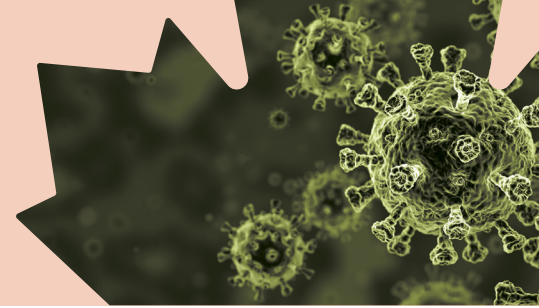


# Coronavirus disease (COVID-19)

You may have come into contact with the virus that causes COVID-19



## 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 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.

Some provinces and territories (see list on the back of this handout) have additional travel restrictions (for example, no non-essential travel into the province, limited access to certain regions, etc.).

## Your 14-day quarantine starts on the day you arrive

- › **Go directly to your place of quarantine without delay and stay there for the duration of your quarantine.**
- › **Practise physical distancing of 2m** at all times.
- › **Avoid stops and contact with others** while in transit to quarantine:
  - › Use a private vehicle if possible
  - › Remain in the vehicle as much as possible
  - › Pay at the pump for gas and use drive through when you need food
  - › Wear a suitable non-medical mask at all times unless you are alone in a private vehicle
- › **You must report the following** through the ArriveCAN app, online at [canada.ca/ArriveCAN](https://canada.ca/ArriveCAN) or call 1-833-641-0343:
  - › **Your arrival at your place of quarantine within 48 hours** after entering Canada
  - › Your **COVID-19 symptom self-assessment** every day until the end of your quarantine
- › If arriving by air and required to provide proof of COVID-19 molecular test, retain a copy of the COVID-19 molecular test results

### A suitable place of quarantine is one where you:

- › Have **access to the necessities of life** without leaving your place of quarantine
- › Have a **separate bedroom** if the space is shared with family/friends who didn't travel with you
- › Can **limit interactions with others** in the household. If spaces, such as a kitchen, are shared:
  - › Wear a mask if a 2m distance cannot be maintained
  - › Thoroughly and regularly clean common areas after use
- › **Are not** living with those at risk of more severe disease
- › **Are not** in close contact with others who did not travel with you. For example, **do not** quarantine in:
  - › A group or communal living setting, including camps or student dorms unless the location is pre-authorized
  - › A household with a large family or many people
  - › A shared small apartment or similar setting

## While in Quarantine

- › **Do NOT** leave your place of quarantine 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.
- › **Do NOT** have any guests even if you are outside and stay 2m apart from them.
- › Use only private outdoor spaces (i.e. balcony).
- › **Do NOT** use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.

You may be called from 1-888-336-7735 or 1-888-200-4881 to verify your compliance during your 14-day quarantine. You will receive pre-recorded messages and email reminders.

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



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## You must monitor your health for 14 days

If you start experiencing any symptoms of 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, 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 local public health authority (see below)

The 14-day period starts again if, during your quarantine period, you develop a fever and cough or fever and difficulty breathing, test positive for COVID-19 or if you are exposed to another person who exhibits signs and symptoms or tests positive for COVID-19.

For information on possible exposure to COVID-19 during travel (i.e. cruise ships, flights, public transit, etc.) or on risk factors for increased exposure and/or more severe disease, visit [canada.ca/coronavirus](https://canada.ca/coronavirus).

## To help reduce the spread of COVID-19



**Download and use Canada's contact tracing app (COVID Alert).**



**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.



**Follow** all other public health guidelines in the area you will be visiting.

## Public Health Authorities

Provinces and territories	Telephone number	Website
British Columbia	811	<a href="http://www.bccdc.ca/covid19">www.bccdc.ca/covid19</a>
Alberta	811	<a href="http://www.myhealth.alberta.ca">www.myhealth.alberta.ca</a>
Saskatchewan	811	<a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a>
Manitoba	1-866-626-4862	<a href="https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current">https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current</a> <a href="https://www.youtube.com/user/ManitobaGovernment">https://www.youtube.com/user/ManitobaGovernment</a>
Ontario	1-866-797-0000	<a href="http://www.ontario.ca/coronavirus">www.ontario.ca/coronavirus</a>
Quebec	1-877-644-4545	<a href="http://www.quebec.ca/en/coronavirus">www.quebec.ca/en/coronavirus</a>
New Brunswick	811	<a href="http://www.gnb.ca/publichealth">www.gnb.ca/publichealth</a>
Nova Scotia	811	<a href="http://www.novascotia.ca/coronavirus/">www.novascotia.ca/coronavirus/</a>
Prince Edward Island	811	<a href="http://www.princeedwardisland.ca/covid19">www.princeedwardisland.ca/covid19</a>
Newfoundland and Labrador	811 or 1-888-709-2929	<a href="http://www.gov.nl.ca/covid-19">www.gov.nl.ca/covid-19</a>
Nunavut	1-867-975-5772	<a href="http://www.gov.nu.ca/health">www.gov.nu.ca/health</a>
Northwest Territories	811	<a href="http://www.gov.nt.ca/covid-19/">www.gov.nt.ca/covid-19/</a>
Yukon	811	<a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a>

**For more information:**  1-833-784-4397  [Canada.ca/coronavirus](https://Canada.ca/coronavirus)