CARE FOR YOURSELF (COVID-19)

Do not mix with others and maintain 2 meters of distance at all times.

- Wear a mask or respirator.
- Wash your hands regularly.
- Avoid using a water fountain.
- Avoid close contact with people.
- Avoid touching your face.
- Avoid crowds.
- Avoid public transport.

For more information, please visit the following websites:

- If you have symptoms, call the Public Health Authority or your doctor.
- If you need a doctor, call the Public Health Authority.
- If you need a pharmacist, call the Public Health Authority.
- If you need a hospital, call the Public Health Authority.

For severe symptoms, call 911 or go to the nearest emergency department.
ArriveCAN App: Download the ArriveCAN app from the App Store or Google Play. It is available in multiple languages.

- English: https://arrivecan.cbsa-asfc.cloud-ngue.canada.ca
- French: https://arrivecan.cbsa-asfc.cloud-ngue.canada.ca/FR
- Spanish: https://arrivecan.cbsa-asfc.cloud-ngue.canada.ca/ES
- Arabic: https://arrivecan.cbsa-asfc.cloud-ngue.canada.ca/AR
- Other languages are available through the ArriveCAN website.

The ArriveCAN app allows you to:
- Enter your travel itinerary
- Answer health questions
- Submit your documents electronically
- Receive notifications on your travel itinerary

You can also submit a report on your arrival through the ArriveCAN website.

For more information, visit Canada.ca/Coronavirus.