Coronavirus disease (COVID-19)
Mandatory quarantine requirements for unvaccinated travellers without COVID-19 symptoms arriving in Canada

WARNING: READ THIS HANDBOUT CAREFULLY. IT CONTAINS INSTRUCTIONS FROM A QUARANTINE OFFICER, SCREENING OFFICER, AND THE MINISTER OF HEALTH THAT YOU ARE REQUIRED TO MEET UNDER THE MINIMIZING THE RISK OF EXPOSURE TO COVID-19 IN CANADA ORDER (QUARANTINE, ISOLATION, AND OTHER OBLIGATIONS). THEY ARE LEGALLY BINDING UNDER THE ORDER.

Your compliance with this Order is subject to monitoring, verification and enforcement. If you do not comply you may be transferred to a quarantine facility, face fines, and/or imprisonment.

A government representative will be calling you from 1-888-336-7735 and may visit you to verify you are complying with the quarantine measures.

KEEP THIS HANDBOUT FOR REFERENCE FOR THE NEXT 14 DAYS.

Government of Canada border measures

The Government of Canada has put in place emergency measures under the Quarantine Act to slow the introduction and spread of COVID-19 and variants in Canada. Symptoms can take up to 14 days to develop and the virus can be transmitted to others. To help keep others safe, you are required to meet the requirements under the Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations).

Mandatory REQUIREMENTS

You MUST:

QUARANTINE

› Go directly to your suitable place and quarantine for at least 14 days or as directed by a screening officer or quarantine officer.

› Your quarantine will end after the 14th day only if you don’t have symptoms AND you don’t receive a positive test result from required tests.

› If you receive a positive test result from required testing, isolate yourself for an additional 10 days and follow the instructions provided.

TAKE COVID-19 TESTS as directed

› Take COVID-19 molecular tests as instructed (see separate handout for instructions), unless you have evidence of a positive COVID-19 molecular test taken 10 – 180 days prior to arrival in Canada.

› Keep a copy of your travel-related COVID-19 test results until the end of your quarantine.

› Provide your test results to the Government of Canada or government of the province or territory, or to the local public health authority during your quarantine period upon request.

REPORT AND MONITOR

› Report your arrival at your place of quarantine within 48 hours in ArriveCAN or 1-833-641-0343 (if you didn’t use or cannot use ArriveCAN).

› Report daily on your health status relating to signs and symptoms of COVID-19 in ArriveCAN or 1-833-641-0343.

› Monitor your health during your time in quarantine.
## Transiting to your place of quarantine

- Wear a well-constructed, well-fitting mask while in transit.
- If driving, avoid stops and remain in the vehicle as much as possible.

## Symptoms

- If you start having symptoms or receive a positive COVID-19 test result, you must isolate immediately for an additional period of 10 days, even if your province or territory has a shorter isolation period and contact your local public health authority.
- If you travelled with a person who develops signs and symptoms of COVID-19 or receives a positive result for any type of test before the expiry of the 14-day period, you must continue to quarantine for 14 days starting the day you were most recently exposed to the other person.
- The isolation period starts on the earliest of:
  - the date you developed symptoms, OR
  - the date you completed the COVID test, if the date is validated by the test provider, OR
  - the date of the test result.


## While in Quarantine

### DO

- Avoid contact with others who did not travel with you and sleep in a separate bedroom.
- Access the necessities of life (e.g. water, food, medication, and heat) without leaving quarantine.
- Food, groceries, or other necessities should be left at your door for contactless delivery.
- Only go outside on a private balcony or yard with those who travelled with you.
- Follow guidelines from local public health. If there is a conflict between public health and this handout, follow the strictest measure.
- Respond to calls or visits from screening officers or law enforcement.

### DON'T

- Do not use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.
- Do not have any visitors.
- Do not leave your place of quarantine except for an essential medical service or treatment, to obtain a COVID-19 test, or as pre-authorized by a quarantine officer.

## Public health authorities

<table>
<thead>
<tr>
<th>Provinces and territories</th>
<th>Telephone number</th>
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<tbody>
<tr>
<td>British Columbia, Alberta, Saskatchewan, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador, Northwest Territories and Yukon</td>
<td>811</td>
</tr>
<tr>
<td>Manitoba</td>
<td>1-866-626-4862</td>
</tr>
<tr>
<td>Ontario</td>
<td>1-866-797-0000</td>
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<tr>
<td>Quebec</td>
<td>1-877-644-4545</td>
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<tr>
<td>Nunavut</td>
<td>1-867-975-5772</td>
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