Coronavirus disease (COVID-19)
Mandatory isolation requirements for travellers with COVID-19 symptoms arriving in Canada by LAND or WATER

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. You are required to meet the measures under the Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations).

Mandatory ISOLATION

You MUST:

- **ISOLATE**
  - Go directly to the place where you will isolate without delay, or as directed by a screening officer or quarantine officer.
  - Isolate at your suitable place of isolation for a minimum of 14 days.

- **TAKE 2 COVID-19 TESTS if arriving by land**
  - Take two COVID-19 molecular tests in Canada as directed under the authority of a quarantine officer – A test upon ARRIVAL (Day 1) and a test on DAY 8, unless you have evidence of a positive COVID-19 test taken 14 – 90 days prior to arrival to Canada.
  - Keep a copy of all your COVID-19 molecular test results until the end of your isolation.
  - 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 isolation period upon request.

- **REPORT AND MONITOR**
  - Report your arrival at your place of isolation within 48 hours in ArriveCAN (if you used ArriveCAN before you entered Canada) or 1-833-641-0343 (if you didn’t use or cannot use ArriveCAN).
  - Monitor for symptoms throughout your isolation period.

Public health measures to follow while in transit to your suitable place of isolation

- Do not use public transportation (e.g. aircraft, bus, train, subway, taxi or ride-sharing service) to get to your place of isolation.
- Wear a well-constructed, well-fitting mask while in transit, unless you are alone in a private vehicle.
- Remain in the vehicle as much as possible: pay at the pump for gas and use drive through when you need food.
- Avoid stops and contact with others while in transit.
- Sanitize your hands frequently.

**WARNING:** 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 also visit you to verify that you are complying with the isolation measures.
Symptoms

If your symptoms worsen or if you develop new symptoms, or you receive a positive COVID-19 molecular test, follow the COVID-19 instructions of the local public health authority (see below). The isolation period is extended by a 14-day isolation that begins on the test result date.

- 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

Actions in isolation

**DO**

- Avoid contact with others who did not travel with you.
- Access the necessities of life (e.g. water, food, medication, and heat) without leaving isolation.
- Only go outside on a private balcony or yard with those who travelled with you.
- Use a separate bedroom and bathroom.
- Practice physical distancing of 2 metres at all times.
- Respond to calls or visits from screening officers or law enforcement.
- Follow guidelines from local public health. If there is a conflict between public health and this handout, follow the strictest measure.

**DON’T**

- Do not use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.
- Do not have any visits from family, friends, or other guests.
- Do not leave your place of isolation except for an essential medical service or treatment, to obtain a COVID-19 molecular test, or as authorized by a quarantine officer.

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>1-866-626-4862</td>
<td><a href="https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current">https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current</a></td>
</tr>
<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>Quebec</td>
<td>1-877-644-4545</td>
<td><a href="http://www.youtube.com/user/ManitobaGovernment">www.youtube.com/user/ManitobaGovernment</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.novascotia.ca/coronavirus/">www.novascotia.ca/coronavirus/</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.nu.ca/health">www.gov.nu.ca/health</a></td>
</tr>
<tr>
<td>Northwest Territories</td>
<td>811</td>
<td><a href="http://www.gov.nt.ca/covid-19">www.gov.nt.ca/covid-19</a></td>
</tr>
<tr>
<td>Yukon</td>
<td>811</td>
<td><a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a></td>
</tr>
</tbody>
</table>

For more information: 1-833-784-4397 Canada.ca/coronavirus