Mandatory isolation

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada. You MUST ISOLATE for 14 days, provide contact information and monitor your 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 federal designated 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 isolation starts on the day you arrive

› Go directly to your place of isolation without delay and stay there for the duration of your isolation.
› You must wear a suitable non-medical mask while in transit, unless you are alone in a private vehicle.
› Practise physical distancing of 2m at all times.
› Do not take public transportation (such as aircraft, municipal transit, taxis or ride-share services). Use private transportation only, such as your private vehicle.
› Avoid contact with others while in transit:
   › Remain in the vehicle
   › Do not stay at a hotel on your way to your place of isolation
   › Pay at the pump for gas and use drive through when you need food
   › If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices
› If arriving by air and you are required to provide proof of COVID-19 molecular test:
   › Retain a copy of the COVID-19 molecular test results for the 14-day period which begins on the day you enter Canada, or for the 14-day period that begins on the day on which you receive the evidence of that result.
   › Provide that evidence, upon request, to any Government of Canada or provincial government official, or to the local public health authority of the place where you are located.

A suitable place of isolation is one where you:

› Have access to the necessities of life without leaving that place
› 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 isolate in:
   › A group or communal living setting including camps or student dorms
   › A household with a large family or many people
   › A shared small apartment or similar setting

› Report your arrival at your place of isolation within 48 hours after entry into Canada through the ArriveCAN app, online at Canada.ca/ArriveCAN or call 1-833-641-0343.

While in isolation

› Do NOT leave your place of isolation unless it is for a medical emergency, an essential medical services or treatment, or to obtain a COVID-19 molecular test, or it is pre-authorized.
› Do NOT have any guests even if you are outside.
› Do NOT use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.

› UNDERGO any health assessments that the Quarantine Officer requires.
› Monitor your health and if COVID-19 symptoms (see back of sheet) develop or worsen, contact the local public health authority.
You must continue to monitor your health

If your symptoms worsen or if you develop new symptoms, follow the COVID-19 instructions of the local public health authority (see below). The following symptoms are associated with 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

For information on possible exposure to COVID-19 during travel (cruise ships, flights, public transit, etc.) or on risk factors for increased exposure and/or more severe disease, visit 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 at least 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.

You may be called from 1-888-336-7735 or 1-888-200-4881 to verify your compliance during your 14-day isolation. 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 isolation.
- If federal and provincial or territorial guidelines differ, you should follow the strictest 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>
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<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>New Brunswick</td>
<td>811</td>
<td><a href="http://www.gov.nb.ca/publichealth">www.gov.nb.ca/publichealth</a></td>
</tr>
<tr>
<td>Nova Scotia</td>
<td>811</td>
<td><a href="http://www.gov.ns.ca/coronavirus">www.gov.ns.ca/coronavirus</a></td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>811</td>
<td><a href="http://www.princeedward.island.ca/covid19">www.princeedward.island.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>
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<td>Northwest Territories</td>
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<td><a href="http://www.gov.nt.ca/covid-19">www.gov.nt.ca/covid-19</a></td>
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<td><a href="http://www.gov.yk.ca/covid-19">www.gov.yk.ca/covid-19</a></td>
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