Coronavirus disease (COVID-19)
You have symptoms that may be due to COVID-19 or know you have COVID-19

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 yourself for symptoms subject to any Order made under the Quarantine Act imposing isolation or quarantine requirements upon entry.

Your compliance is subject to verification and enforcement. Those in violation may face transfer to a quarantine facility as well as fines and/or imprisonment. Keep this instruction handout to support your compliance with the requirements outlined below.

You must isolate without delay

› Ensure you have a suitable place of isolation that has access to the necessities of life, and is not shared with those at risk of more severe disease.
› Do not isolate in places you can’t separate yourself from those who live with you. For example:
  › a group or communal living setting;
  › in a household with large families or many people;
  › in a shared small apartment, or have roommates who have not travelled with you; or
  › at a camp, student dorm or other group setting where there is close contact and shared common spaces.
› Go directly to the place where you will isolate without delay, and stay there for 14 days from the date you arrive in Canada.
› You must wear a suitable non-medical mask or face covering while in transit, unless you are alone in a private vehicle.
› Practise physical distancing at all times.
  x Do not take public transportation (such as aircraft, municipal transit, taxis or ride-share services). Use private transportation only, such as your private vehicle.
  x Avoid contact with others while in transit:
    › Remain in the vehicle;
    x Do not stay at a hotel on your way to your place of isolation;
    › If you need gas, pay at the pump;
    › If you need food, use a drive through;
    › If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices.

Some provinces and territories have additional travel restrictions

Please refer to the list of provincial and territorial websites on the back of this handout for more information.

You MUST continue to monitor your health for 14 days

If your symptoms worsen or you develop new symptoms, follow the COVID-19 instructions of the local public health authority (see back for contact information). The following symptoms are associated with COVID-19: new or worsening cough, shortness of breath/difficulty breathing, temperature equal to or over 38°C, feeling feverish, chills, fatigue or weakness, muscle or body aches, new loss of smell or taste, headache, gastrointestinal symptoms like abdominal pain, diarrhea, vomiting, or feeling very unwell.

› For information on flights, cruise ships or trains (any public conveyance) where you may have been exposed to COVID-19 during recent travel, please refer to www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/exposure-flights-cruise-ships-mass-gatherings.html.
› For information on risk factors for increased exposure to COVID-19 and/or more severe disease or outcomes, please refer to www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html.
To help reduce the spread of COVID-19

Go directly to your place of isolation. Do not make any stops while in transit.

Check-in within 48 hours of arrival through the ArriveCAN app, online at https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca or call 1-833-641-0343.

Report your symptoms through the ArriveCAN app, online at https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca or call 1-833-641-0343 every day until the end of your 14-day isolation.

What you can and cannot do during your 14-day isolation

PROHIBITED during isolation

× You may not leave your place of isolation unless it is to seek time-sensitive medical services.
× You may not have any guests even if you are outside and stay 2m apart from them.
× Do not use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.

PERMITTED during isolation

In your place of isolation you may:

› Live with family/friends who have not travelled with you provided you have a separate bedroom and bathroom, if possible.
› Use shared spaces such as a kitchen, provided you:
 › limit interactions with others in the household and wear a mask or face covering if a 2m distance cannot be maintained;
 › Thoroughly and regularly clean common areas after use.

RECOMMENDED during isolation

➢ Wash your hands often with soap and warm water 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.

You will be called from 1-888-336-7735 to verify your compliance during your 14-day isolation.

Note that you may also be contacted by provincial/territorial authorities throughout your 14-day isolation. If federal and provincial/territorial guidelines differ, you should follow the most precautionary and stringent requirements.

Public Health Authorities

<table>
<thead>
<tr>
<th>Provinces and territories</th>
<th>Telephone number</th>
<th>Website</th>
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</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>1-888-315-9257</td>
<td><a href="http://www.manitoba.ca/covid19">www.manitoba.ca/covid19</a></td>
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<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.gnb.ca/publichealth">www.gnb.ca/publichealth</a></td>
</tr>
<tr>
<td>Nova Scotia</td>
<td>811</td>
<td><a href="http://www.nshealth.ca/public-health">www.nshealth.ca/public-health</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>
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<td>Northwest Territories</td>
<td>811</td>
<td><a href="http://www.hss.gov.nt.ca">www.hss.gov.nt.ca</a></td>
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<td>Yukon</td>
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<td><a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a></td>
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