**CORONAVIRUS DISEASE (COVID-19)**

You have symptoms that may be due to 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 and monitor yourself for symptoms** subject to the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation)* No. 2.

Your compliance with this Order is subject to monitoring, verification and enforcement. Those in violation may face detention in a quarantine facility as well as fines and/or imprisonment.

**YOU MUST ISOLATE WITHOUT DELAY**

- Go directly to the place where you will isolate without delay, and stay there for 14 days from the date you arrive in Canada.
- Do not isolate in a place where you have contact with vulnerable individuals, including those who have an underlying medical condition, compromised immune system from a medical condition or treatment, or are 65 years of age or older.
- Ensure you have a suitable place of isolation that has the necessities of life.
- Ensure you wear an appropriate mask or face covering, especially while in transit.
- Practise physical distancing at all times.
- Do not take public transport. Use private transportation only, such as your private vehicle.
- Avoid contact with others while in transit and do not make any unnecessary stops:
  - Remain in the vehicle as much as possible;
  - Do not stay at a hotel;
  - 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**

(For example no non-essential travel into the province, limited access to certain regions within the province, etc.).

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

---

**YOU MUST CONTINUE TO MONITOR YOUR HEALTH FOR:**

- **FEVER**
- **COUGH**
- **DIFFICULTY BREATHING**

If your symptoms get worse (cough, shortness of breath, or fever equal to or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating), immediately call the public health authority and describe your symptoms and travel history, and follow their instructions.
### WHILE IN ISOLATION

It is important that you:

- **Wash your hands often** with soap and warm water for at least 20 seconds, or if not available, use an alcohol-based hand sanitizer containing at least 60% alcohol.
- **Avoid touching your face.**
- **Cover your mouth and nose** with your arm when coughing or sneezing.
- **Limit contact with others** within the place of isolation, including children and those who have not travelled nor been exposed to the virus.

You MUST:

- **Stay inside** of your place of isolation.
- **Not leave** your place of isolation unless it is to seek medical attention.
- **Not use public transportation** (e.g. buses, taxis).
- **Not have visitors.**
- **Not go to school, work or any other public areas.**
- **Arrange for the necessities of life** (e.g. food, medications, cleaning supplies) to be delivered to your place of isolation.

Follow the instructions provided and online:  

---

### 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>1-888-315-9257</td>
<td><a href="http://www.manitoba.ca/covid19">www.manitoba.ca/covid19</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.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>
</tr>
<tr>
<td>Northwest Territories</td>
<td>811</td>
<td><a href="http://www.hss.gov.nt.ca">www.hss.gov.nt.ca</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**