

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, provide contact information and monitor yourself for symptoms** subject to the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation) No. 4*.

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

YOU MUST ISOLATE WITHOUT DELAY

- ✓ Ensure you have a **suitable place of isolation** that has the **necessities** of life.
- ✓ **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.
- ✓ **Practise physical distancing** at all times.
- ✗ **Do not take public transportation** (such as municipal transit or taxis). 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;
 - ✓ 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 the list of provincial and territorial websites on the back of this handout for more information. 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.

YOU MUST CONTINUE TO MONITOR YOUR HEALTH FOR



FEVER



COUGH



DIFFICULTY BREATHING

If your symptoms get worse (cough, shortness of breath, fever equal to or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating) or new symptoms develop, contact your local public health authority and follow their instructions.

Please refer to <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html#s> for additional symptoms common to COVID-19 or information on risk factors for increased exposure and severe outcomes from COVID-19.



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 quarantine.

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 medical assistance.
- ✗ You may **not** use a private outdoor space if you have one at your place of isolation (ex: backyard or balcony).
- ✗ You may **not** have any guests.

PERMITTED during isolation

- ✓ You may use shared spaces in your place of isolation provided you:
 - ✓ Avoid contact with others who did not travel with you;
 - ✓ Put in place precautions to regularly clean common areas after use;
 - ✓ Wear a medical mask or suitable non-medical mask or face covering if a distance of 2m from others in your place of isolation cannot be maintained.

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.

PUBLIC HEALTH AUTHORITIES

PROVINCES AND TERRITORIES

TELEPHONE NUMBER

WEBSITE

British Columbia	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-888-315-9257	www.manitoba.ca/covid19
Ontario	1-866-797-0000	www.ontario.ca/coronavirus
Quebec	1-877-644-4545	www.quebec.ca/en/coronavirus
New Brunswick	811	www.gnb.ca/publichealth
Nova Scotia	811	www.nshealth.ca/public-health
Prince Edward Island	811	www.princeedwardisland.ca/covid19
Newfoundland and Labrador	811 or 1-888-709-2929	www.gov.nl.ca/covid-19
Nunavut	1-867-975-5772	www.gov.nu.ca/health
Northwest Territories	811	www.hss.gov.nt.ca
Yukon	811	www.yukon.ca/covid-19

FOR MORE INFORMATION



1-833-784-4397



canada.ca/coronavirus