

# Coronavirus disease (COVID-19)

## Mandatory isolation requirements for travellers with COVID-19 symptoms arriving in Canada by AIR

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)*.

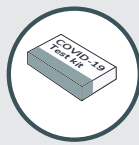
### Mandatory ISOLATION

#### You MUST:



#### ISOLATE

- › **Go directly to a designated quarantine facility without delay**, as directed by a screening officer or quarantine officer.
- › **Upon receiving a negative COVID-19 molecular test result and approval to leave, go to your place of isolation.** If you receive a positive test result, wait for instructions from a quarantine officer.
- › **Remain in isolation for the remainder of the 14-day period** that began on the day you entered Canada.



#### TAKE 2 COVID-19 TESTS

- › **Take two COVID-19 molecular tests** in Canada as directed under the authority of a quarantine officer – A test upon **ARRIVAL** 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.
- › **Avoid** stops and contact with others while in transit: pay at the pump for gas and use drive through when you need food.
- › **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, follow the COVID-19 instructions of the local public health authority (see below). If you receive a positive COVID-19 molecular test, you must isolate for an additional 14 days. The isolation period begins on the date you completed the test with the test provider, or the date of the test result if the test date cannot be validated.

- › new or worsening cough
- › shortness of breath/difficulty breathing
- › muscle or body aches, fatigue, weakness, or feeling very unwell
- › new loss of smell or taste
- › feeling feverish, chills, or temperature equal to or over 38°C
- › skin changes or rashes (in children)
- › 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.  
Food, groceries, or other necessities should be left at your door for contactless delivery.
- ✓ **Use a separate bedroom and bathroom.**
- ✓ **Only go outside on a private balcony** or yard with those who travelled with you.
- ✓ **Practice physical distancing** of 2 metres at all times.
- ✓ **Follow guidelines from local public health.** If there is a conflict between public health and this handout, follow the strictest measure.
- ✓ **Respond to calls or visits** from screening officers or law enforcement.



### 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 pre-authorized by a quarantine officer.

## Public health authorities

Provinces and territories	Telephone number	Website
British Columbia	811	<a href="http://www.bccdc.ca/covid19">www.bccdc.ca/covid19</a>
Alberta	811	<a href="http://www.myhealth.alberta.ca">www.myhealth.alberta.ca</a>
Saskatchewan	811	<a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a>
Manitoba	1-866-626-4862	<a href="https://manitoba.ca/covid19/">https://manitoba.ca/covid19/</a>
Ontario	1-866-797-0000	<a href="http://www.ontario.ca/coronavirus">www.ontario.ca/coronavirus</a>
Quebec	1-877-644-4545	<a href="http://www.quebec.ca/en/coronavirus">www.quebec.ca/en/coronavirus</a>
New Brunswick	811	<a href="http://www.gnb.ca/publichealth">www.gnb.ca/publichealth</a>
Nova Scotia	811	<a href="http://www.novascotia.ca/coronavirus/">www.novascotia.ca/coronavirus/</a>
Prince Edward Island	811	<a href="http://www.princeedwardisland.ca/covid19">www.princeedwardisland.ca/covid19</a>
Newfoundland and Labrador	811 or 1-888-709-2929	<a href="http://www.gov.nl.ca/covid-19">www.gov.nl.ca/covid-19</a>
Nunavut	1-867-975-5772	<a href="http://www.gov.nu.ca/health">www.gov.nu.ca/health</a>
Northwest Territories	811	<a href="http://www.gov.nt.ca/covid-19">www.gov.nt.ca/covid-19</a>
Yukon	811	<a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a>