Coronavirus disease (COVID-19)
Mandatory quarantine requirements for travellers without COVID-19 symptoms arriving in Canada by LAND or WATER

You may have come in contact with the virus that causes COVID-19. 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. Symptoms can take up to 14 days to develop. To help keep others safe, 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 QUARANTINE

You MUST:

› Go directly to the place where you will quarantine without delay or as directed by a screening officer or quarantine officer.
› Quarantine at your suitable place of quarantine for at least 14 days. Your quarantine will only end after the 14th day if you receive a negative test result from your Day 8 test, or after the expiry of another 14-day period.
› Take two COVID-19 molecular tests in Canada as directed under the authority of a quarantine officer – A test upon ARRIVAL (Day 1) 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 travel-related COVID-19 molecular test results until the end of your quarantine.
› 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 quarantine period upon request.
› Report your arrival at your place of quarantine 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).
› Report daily on your health status relating to signs and symptoms of COVID-19 in ArriveCAN or 1-833-641-0343.
› Monitor your health during your time in quarantine.

Public health measures to follow while in transit to your suitable place of quarantine

› Wear a well-constructed, well-fitting mask while in transit, unless you are alone in a private vehicle or travelling only with the same people you entered Canada with.
› Avoid contact with others and sanitize your hands frequently.
› If driving, avoid stops and remain in the vehicle as much as possible: pay at the pump for gas and use a drive through if you need to stop for food.

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, tickets, and/or imprisonment. A government representative will be calling you from 1-888-336-7735 and may visit you to verify you are complying with the quarantine measures.
Symptoms

If you start having symptoms, receive a positive COVID-19 molecular test, or are exposed to someone with a positive result, isolate yourself from others immediately for an additional period of 14 days and follow the instructions of the local public health authority (see below). The isolation period starts the earliest of:

› the date you developed signs and symptoms upon arrival to Canada OR,
› if you had no symptoms 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)
- headaches
- gastrointestinal symptoms like abdominal pain, diarrhea, or vomiting

Actions in quarantine

✔ Avoid contact with others who did not travel with you and sleep in a separate bedroom.
✔ Access the necessities of life (e.g. water, food, medication, and heat) without leaving quarantine.
   Food, groceries, or other necessities should be left at your door for contactless delivery.
✔ Practice physical distancing of 2 metres at all times.
✔ Only go outside on a private balcony or yard with those who travelled with you.
✔ 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

x Do not use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.
x Do not have any visits from family, friends, or other guests.
x Do not leave your place of quarantine 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

<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>1-866-626-4862</td>
<td><a href="https://manitoba.ca/covid19/">https://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.novascotia.ca/coronavirus">www.novascotia.ca/coronavirus</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.gov.nt.ca/covid-19">www.gov.nt.ca/covid-19</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