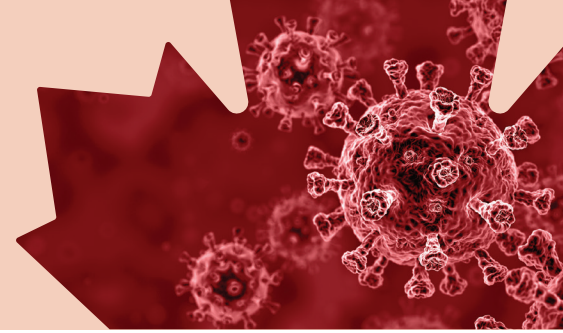


# Coronavirus disease (COVID-19)

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 your signs and symptoms** as required by the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation)*.

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

Some provinces and territories (see list on the back of this handout) have additional travel restrictions (for example, no non-essential travel into the province, limited access to certain regions, etc.).

## Your 14 day isolation starts on the day you arrive

- › Go directly to your place of isolation without delay and stay there for the duration of your isolation.
- › 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 of 2m at all times.
- › Do not take public transportation (such as aircraft, municipal transit, taxis or ride-share services). 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 on your way to your place of isolation
  - › Pay at the pump for gas and use drive through when you need food
  - › If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices
- › Report your arrival at your place of isolation within 48 hours after entry into Canada through the ArriveCAN app, online at [Canada.ca/ArriveCAN](https://Canada.ca/ArriveCAN) or call 1-833-641-0343.

### A suitable place of isolation is one where you:

- › Have access to the necessities of life without leaving isolation
- › Have a separate bedroom and bathroom if the space is shared with family/friends who didn't travel with you
- › Can limit interactions with others in the household. If spaces, such as a kitchen, are shared:
  - › Wear a mask or face covering if a 2m distance cannot be maintained
  - › Thoroughly and regularly clean common areas after use
- › Are not living with those at risk of more severe disease
- › Are not in close contact with others who did not travel with you. For example, do not isolate in:
  - › A group or communal living setting including camps or students dorms
  - › A household with a large family or many people
  - › A shared small apartment or similar setting

## While in isolation

- › Do NOT leave your place of isolation unless it is for a medical emergency, or an essential medical service or treatment.
- › Do NOT have any guests even if you are outside.
- › Do NOT use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.
- › Monitor your health and if COVID-19 symptoms (see back of sheet) develop or worsen, contact the local public health authority.



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## You must continue to monitor your health

If your symptoms worsen or if you develop new symptoms, follow the COVID-19 instructions of the local public health authority (see below). The following symptoms are associated with COVID-19:

- › new or worsening cough
- › shortness of breath/difficulty breathing
- › feeling feverish, chills, or temperature equal to or over 38°C
- › skin changes or rashes (in children)
- › muscle or body aches, fatigue, or weakness
- › new loss of smell or taste
- › headache
- › gastrointestinal symptoms like abdominal pain, diarrhea, vomiting, or feeling very unwell

For information on possible exposure to COVID-19 during travel (i.e. cruise ships, flights, public transit, etc.) or on risk factors for increased exposure and/or more severe disease, visit [canada.ca/coronavirus](https://canada.ca/coronavirus)

## To help reduce the spread of COVID-19



**Download and use Canada's contact tracing app (COVID Alert).**



**Wash your hands often** with soap and warm water for at least 2 minutes 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.



**Follow** all other public health guidelines in the area you will be visiting.



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

You will receive pre-recorded messages and email reminders.

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

## 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	1-888-315-9257	<a href="http://www.manitoba.ca/covid19">www.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>

**For more information:**  1-833-784-4397  [Canada.ca/coronavirus](https://canada.ca/coronavirus)