


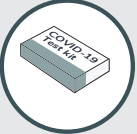

# Coronavirus disease (COVID-19)

## 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:**

 <b>ISOLATE</b>	 <b>TAKE 2 COVID-19 TESTS</b>	 <b>REPORT AND MONITOR</b>
<ul style="list-style-type: none"><li>› <b>Go directly to a designated quarantine facility without delay</b>, or as directed by a screening officer or quarantine officer.</li><li>› <b>Upon receiving a negative COVID-19 molecular test result, go to your place of isolation.</b> If you receive a positive test result, wait for instructions from a quarantine officer.</li><li>› <b>Remain in isolation for the remainder of the 14-day period</b>, that began on the day you entered Canada.</li></ul>	<ul style="list-style-type: none"><li>› <b>Take two COVID-19 molecular tests</b> in Canada as directed under the authority of a quarantine officer – A test upon <b>ARRIVAL (Day 1)</b> and a test on <b>DAY 8</b> unless you have evidence of a positive COVID-19 test taken 14 – 90 days prior to arrival to Canada.</li><li>› <b>Keep a copy of all your COVID-19 molecular test results</b> until the end of your isolation.</li><li>› <b>Provide your test results</b> 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.</li></ul>	<ul style="list-style-type: none"><li>› <b>Report your arrival at your place of isolation</b> 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).</li><li>› <b>Monitor for symptoms</b> throughout your isolation period.</li></ul>

### 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, or you receive a positive COVID-19 molecular test, follow the COVID-19 instructions of the local public health authority (see below). The isolation period is extended by a 14-day isolation that begins on the test result date.

- › 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/restartmb/prs/orders/index.html#current">https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current</a> <a href="https://www.youtube.com/user/ManitobaGovernment">www.youtube.com/user/ManitobaGovernment</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>