

Coronavirus disease (COVID-19)

Mandatory isolation requirements for travellers with COVID-19 symptoms arriving in Canada by LAND or WATER

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)*.

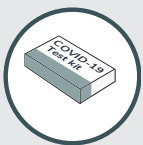
Mandatory ISOLATION

You **MUST**:



ISOLATE

- › **Go directly** to the place where you will isolate **without delay**, or as directed by a screening officer or quarantine officer.
- › **Isolate** at your suitable place of isolation for a minimum of 14 days.



TAKE 2 COVID-19 TESTS if arriving by land

- › **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 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: pay at the pump for gas and use drive through when you need food.
- › **Avoid** stops and contact with others while in transit.
- › **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

› feeling feverish, chills, or temperature equal to or over 38°C

› skin changes or rashes (in children)
- › muscle or body aches, fatigue, weakness, or feeling very unwell

› new loss of smell or taste

› 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.
- ✓

Only go outside on a private balcony or yard with those who travelled with you.
- ✓

Use a separate bedroom and bathroom.
- ✓

Practice physical distancing of 2 metres at all times.
- ✓

Respond to calls or visits from screening officers or law enforcement.
- ✓

Follow guidelines from local public health. If there is a conflict between public health and this handout, follow the strictest measure.



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 authorized by a quarantine officer.

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	1-866-626-4862	https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current www.youtube.com/user/ManitobaGovernment
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.novascotia.ca/coronavirus/
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.gov.nt.ca/covid-19
Yukon	811	www.yukon.ca/covid-19