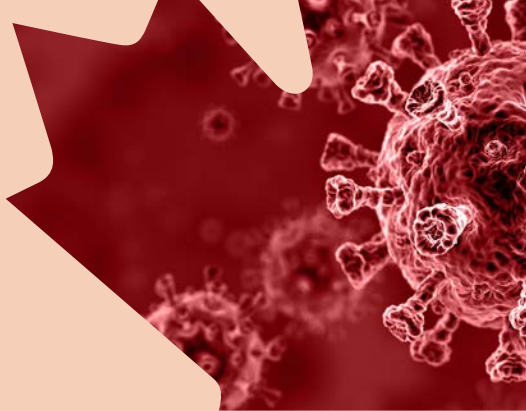


# Coronavirus disease (COVID-19)

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



**WARNING:** READ THIS HANDOUT CAREFULLY. IT CONTAINS INSTRUCTIONS FROM A QUARANTINE OFFICER, SCREENING OFFICER, AND THE MINISTER OF HEALTH THAT YOU ARE REQUIRED TO MEET UNDER THE MINIMIZING THE RISK OF EXPOSURE TO COVID-19 IN CANADA ORDER (QUARANTINE, ISOLATION, AND OTHER OBLIGATIONS). THEY ARE LEGALLY BINDING UNDER THE ORDER.

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 visit you to verify you are complying with the quarantine measures.

KEEP THIS HANDOUT FOR REFERENCE FOR THE NEXT 10 DAYS.

## Government of Canada Border Measures

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 requirements under the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations)*.

Every person who enters Canada and who has reasonable grounds to suspect they have COVID-19, exhibits signs and symptoms of COVID-19, knows that they have COVID-19 or has received a positive result for any type of COVID-19 test that was performed on a specimen collected within a period of 10 days before the day on which they enter Canada or on the day on which they enter Canada, as well as every person who travelled with that person must isolate themselves without delay in accordance with the instructions provided below.

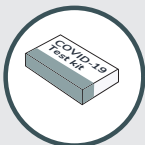
## Mandatory Requirements

### 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 10 days.



#### TAKE COVID-19 TESTS as directed

- › **Take COVID-19 molecular tests** in Canada as directed unless you have evidence of a positive COVID-19 test taken 10 – 180 days prior to arrival to Canada.
- › **Keep a copy** of your COVID-19 molecular test results until the end of your isolation.
- › **Provide your test results upon request** the Government of Canada or government of the province or territory, or to the local public health authority during your isolation period.



#### REPORT AND MONITOR

- › **Report** your arrival at your place of isolation within 48 hours in ArriveCAN or 1-833-641-0343 (if you didn't use or cannot use ArriveCAN).
- › **Monitor for symptoms** throughout your isolation period.



Government of Canada

Gouvernement du Canada

Canada



## Transiting to your 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.
- › **Remain** in the vehicle as much as possible.
- › **Avoid** stops and contact with others while in transit.

## 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 10 days.

The isolation period starts on the earliest of:

- › the date you completed the COVID test, if the date is validated by the test provider, OR
- › the date of the test result.

Common signs and symptoms of COVID-19 can be found at: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>.

## Actions in isolation



### DO

- ✓ **Avoid all in-person interaction with others, including members of your household, if possible.**
  - When unable to avoid sharing a space with members of your household, everyone should wear a medical mask or a well-constructed and well-fitting non-medical mask.
- ✓ **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 while respecting physical distancing from other household members.
- ✓ **Use a separate bedroom and bathroom.**



### DON'T

- ✗ **Do not use shared spaces** such as lobbies, courtyards, restaurants, gyms or pools.
- ✗ **Do not have any visitors.**
- ✗ **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.
  - If you must seek medical care do:
    - Wear a medical mask.
    - Use a private vehicle, do not take public transportation.

## Public health authorities

### Provinces and territories

British Columbia, Alberta, Saskatchewan, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador, Northwest Territories and Yukon

### Telephone number

811

Manitoba

1-866-626-4862

Ontario

1-866-797-0000

Quebec

1-877-644-4545

Nunavut

1-867-975-5772

Links to provincial/territorial COVID-19 information and resources can be found at <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/provincial-territorial-resources-covid-19.html>.

