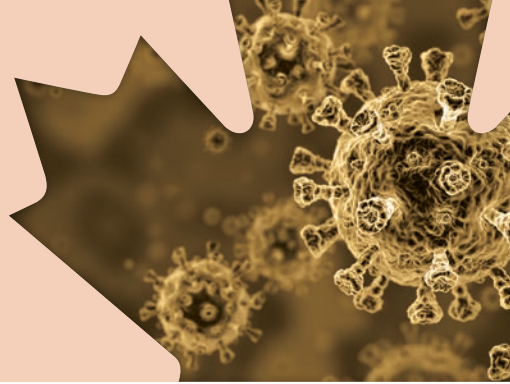


# Coronavirus disease (COVID-19)

Mandatory Requirements for travellers OVER 12 YEARS OF AGE without symptoms who ARE MEDICALLY EXEMPT FROM RECEIVING A COVID-19 VACCINATION



**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.

KEEP THIS HANDOUT FOR REFERENCE FOR THE NEXT 14 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. Symptoms can take up to 14 days to develop and the virus can be transmitted to others. To help keep others safe, you must meet the requirements under the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations)*.

**Unvaccinated asymptomatic travellers 12 YEARS OF AGE AND OVER are not required to quarantine upon entering Canada IF they meet the following conditions:**

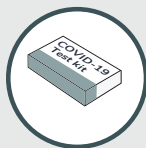
- › have a medical contraindication against getting a COVID-19 vaccine, **AND**
- › comply with the measures outlined below.

## Public Health Measures

You must follow the public health measures listed below which set out the requirements under the Order and conditions imposed by the Minister of Health, and monitor your symptoms carefully for the next 14 days for the health and safety of others.

These measures apply only if you do not develop symptoms, are not exposed to anyone with COVID-19 symptoms, or diagnosed with COVID-19. Provincial and territorial measures are guided by local epidemiology and circumstances that may require stricter measures. If your local jurisdiction requires additional measures, these must also be followed.

**Keep a copy of written medical evidence from a physician who is licensed to practise medicine AND FOR THE NEXT 14 DAYS YOU MUST:**



### TAKE COVID-19 TESTS

- › **Take COVID-19 molecular tests** as instructed (see separate handout for instructions), unless you have evidence of a positive COVID-19 test taken 10–180 days prior to arrival in Canada.
  - Should you develop signs and symptoms or test positive, isolate immediately, call the local public health authority, and follow their instructions.
- › **Keep a copy of travel-related COVID-19 molecular test results** for the next 14 days.



### LIMIT CONTACT WITH OTHERS

- › **Stay in an acceptable place that allows you to avoid all contact** with persons who have or provide care to persons, who meet the following categories:
  - has an underlying medical condition that makes the person susceptible to complications related to COVID-19;
  - has a compromised immune system from a medical condition or treatment; or
  - is 65 years of age or older.



### REPORT AND MONITOR

- › **Monitor your health for symptoms.**
- › **Maintain a list of contacts** for the full 14-day period.
- › **For the next 14 days after entry to Canada if you test positive for COVID-19, you must:**
  - **Report it immediately to PHAC by calling 1-833-641-0343, and**
  - **Isolate for 10 days**

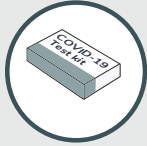
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Government of Canada

Gouvernement du Canada

Canada



**TAKE COVID-19 TESTS**

- › Upon request, **provide the test results** to the Government of Canada or government of the province or territory where you are staying or residing, or to the local public health authority.



**LIMIT CONTACT WITH OTHERS**

- › **Enter public settings only in accordance with the instructions below**, and wear a well-constructed, well-fitting mask to minimize the risk of introducing or spreading COVID-19.



**REPORT AND MONITOR**

## Symptoms

**Monitor for signs and symptoms of COVID-19.** If you start showing signs and symptoms, or received a positive test result COVID-19 before the expiry of the 14 day period you must immediately:

- › Report within 24 hours to PHAC by calling 1-833-641-0343. A Public Health Agency of Canada official will provide you with additional details and instructions.
- › Isolate for an additional 10 days, **even if your province or territory has a shorter isolation period**; and
- › Contact the appropriate public health authority.
- › If you travelled with a person who develops signs and symptoms of COVID-19 or receives a positive result for any type of test before the expiry of the 14-day period, **you must quarantine for 14 days** starting the day you were most recently exposed to the other person.

- › new or worsening cough
- › shortness of breath/difficulty breathing
- › muscle or body aches, fatigue, weakness
- › 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

## What you CANNOT DO for the next 14 days

- ✗ Attend a setting where you may have contact with vulnerable people (e.g. long term care facility, schools or camps with unvaccinated children), including with people who are immune compromised, regardless of that person's vaccination status or public health measures in place.
- ✗ Attend work onsite unless you are already exempt from quarantine (e.g. healthcare worker). You must have your employer's approval to attend in person after having disclosed your recent travel history. Masking and physical distancing must be in place at all times while working onsite, regardless of employer's direction.
- ✗ Travel on crowded public transportation that does not ensure physical distancing and masking (e.g. crowded subway).
- ✗ Attend large crowded settings, indoors or outdoors, such as a concert, or sporting events.

## What you CAN DO for the next 14 days

- ✓ Visit uncrowded public settings such as parks, beaches or going for a walk while wearing a mask, unless physical distancing can be maintained.
- ✓ Gather with a small group of people from outside the household **who are all known to be fully vaccinated** while wearing a mask and maintaining physical distancing.

## Public health authorities

Provinces and territories	Telephone number
British Columbia, Alberta, Saskatchewan, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador, Northwest Territories and Yukon	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>.