

Coronavirus disease (COVID-19)

Requirements for travellers over 12 years of age without symptoms who have a medical contraindication against receiving a COVID-19 vaccine arriving in Canada

This document explains legal requirements set out in the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations)*. These contain instructions from a Quarantine Officer.

Public Health Measures to follow for the next 14 days

These measures apply only if you do not develop symptoms, are not exposed to anyone with COVID-19 symptoms, or are not diagnosed with COVID-19.

Keep a copy of written medical evidence that explains the medical reason that prevents you from completing a COVID-19 vaccine dosage regimen. The evidence must be from a physician who is licensed to practise medicine.



1. COMPLETE COVID-19 TESTS ON ARRIVAL AND ON DAY 8

- › Take COVID-19 test as directed within 24 hours of arrival to Canada.
 - If instructed to complete your test on-site, you must register and the on-site test provider will collect your sample
 - If instructed to take a self-swab kit home, you must complete your specimen collection, and arrange for pick up and delivery to the test provider
 - If instructed to test off-site at a clinic, pharmacy or satellite testing location, you must proceed to the location specified by the test provider
- › Take your Day 8 test as instructed (unless you test positive on your on arrival test).
- › **If you receive a positive COVID-19 test result, you must isolate immediately for an additional period of 10 days**, even if your province or territory has a shorter isolation period. The isolation period starts the date you completed the COVID-19 test. Keep a copy of your travel-related COVID-19 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.



2. LIMIT CONTACT WITH OTHERS

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





3. MONITOR

- › If you start showing signs and symptoms of COVID-19, or receive a positive test result from your government COVID-19 molecular test before the expiry of the 14 day period you must:
 - **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 immediately for an additional 10 days, **even if your province or territory has a shorter isolation period**
 - The isolation period starts on the earliest of the date you completed the COVID-19 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>

For the next 14 days

✓ DO

- ✓ 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.

✗ DON'T

- ✗ 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 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 your 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.

Receiving and understanding your test results

- › You will receive an email or text message with instructions on how to view your test results online. Call your testing provider if you do not have internet access.
- › If you receive an indeterminate or invalid test result, you are required to take another test. Contact your testing provider within 24 hours of receiving your test result to make arrangements to complete another sample.
- › If you require assistance or do not receive your test result after 4 days please contact your testing provider. Contact information is available at travel.gc.ca/testing



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.