

Ebola Disease:

Quarantine instructions for travellers



The Government of Canada has put temporary measures in place to help prevent Ebola disease from entering and spreading in Canada.

To protect your health and the health of others, you must quarantine for 21 days after arriving in Canada. This is required under the ***Minimizing the Risk of Exposure to Ebola Disease in Canada Order, 2026***, issued under the ***Quarantine Act***. If you do not comply as instructed, you may be subject to penalties, including fines or imprisonment.

This kit will help you **quarantine and monitor for symptoms of Ebola disease**. It contains a thermometer, pen and a daily health record, with instructions.

Your quarantine ends on _____ at _____
date time

Your quarantine at a glance

1



Report your arrival at quarantine within 48h:
canada.ca/ebola-quarantine-form
(If unable to access, call 1-833-467-2613; 9h-18h ET)

2



Take your temperature two times per day and complete the daily health record

3



Answer calls to report your health

4



If you feel sick, call your public health authority



Checking your temperature:

1. Take your temperature twice per day, morning and evening.
2. Wash your hands with soap and water before use.
3. Put the thermometer under your tongue until you hear a “beep” sound.
4. Record your results on the daily health record.
5. Clean the thermometer after use. Do not submerge in water.

Do not share your thermometer with anyone else.

Call your public health authority before taking medication (such as Tylenol, Advil, Aspirin or similar products) to reduce fever or pain.

Symptoms of Ebola disease can start suddenly and progress quickly.

Early symptoms include:



fever of
38°C (101°F)
or higher



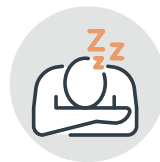
chills



headache



sore throat



feeling tired



muscle pain
and
weakness



loss of
appetite

Later symptoms include:



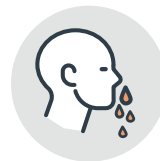
nausea



vomiting or diarrhea



rash



bleeding



abdominal pain



For more information



If you develop any symptoms of Ebola disease or have a medical emergency:

- immediately isolate from others (i.e., maintain a 2-meter distance, with no physical contact with people or pets/animals)
- make sure that others don't come into contact with your body fluids (including urine, feces, blood, vomit, saliva, sweat, breast milk and semen), or anything that may have touched your body fluid (such as linens, clothing, toilet, toiletries)
- **call** your public health authority
 - describe your symptoms over the phone
 - tell them your recent travel history and that you're currently in quarantine
 - follow their advice

Public Health Authorities

Alberta, British Columbia, New Brunswick, Newfoundland and Labrador, Northwest Territories, Nova Scotia, Ontario, Prince Edward Island, Saskatchewan, Yukon	811
Quebec	811 → Option 1 → Option 5 → Specify that you are a traveller covered by the quarantine order.
Manitoba, Nunavut	1-888-315-9257

Daily Health Record

Record your temperature every morning and every evening in the table below to monitor for fever.

	Date	Morning		Evening		Medications taken today (list)	Other Ebola symptoms*? Please describe.
		Time (AM)	Temperature Reading	Time (PM)	Temperature Reading		
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							
Day 8							
Day 9							
Day 10							
Day 11							
Day 12							
Day 13							
Day 14							
Day 15							
Day 16							
Day 17							
Day 18							
Day 19							
Day 20							
Day 21							

* Fever equal to or greater than 38°C (101°F), chills, headache, muscle pain and weakness, sore throat, fatigue, diarrhea, vomiting, nausea, unusual/new rash, unusual bleeding



Your quarantine plan

As part of your **quarantine plan**, you must:

Provide your contact information	At your health assessment, provide the designated official with the address of your place of quarantine and contact information
Ensure that you have a suitable place of quarantine <i>If you are a higher risk individual such as a healthcare or humanitarian worker, your quarantine location must be within 3 hours or 250km of a provincial test-and-hold centre by ground transportation.</i>	This is a place where you: • Can stay, without leaving, for 21 days from the date you entered Canada • Are able to avoid direct contact with other people in your household • Have access to the necessities of life, including heat, food, water, medication (for example, use contactless delivery) • Have access to local health care services • Can meet any other requirements as instructed by the quarantine officer during your health assessment Changes in quarantine location are based on a public health need and must first be approved by a quarantine officer. Call 1-833-467-2613 (9h - 18h ET)
Travel without delay to your place of quarantine	Follow the instructions provided by the designated official
Report your arrival	Report your arrival at your place of quarantine within 48 hours after entering Canada to: canada.ca/ebola-quarantine-form (or if unable to access, call 1-833-467-2613; 9h - 18h ET)
Follow quarantine protocols	During your quarantine: • Wash your hands and clean spaces such as washrooms regularly • You are permitted to go outside for fresh air or well-being (including on a balcony, porch, in a backyard, or for a walk), but can't have direct contact with others • You cannot have visitors
Monitor for symptoms and keep a daily record	Follow the instructions provided in this kit

If you develop symptoms of Ebola disease, follow the instructions on page 3 of this kit.