

Ebola disease:

Instructions for travellers who are exempt from quarantine



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 monitor yourself for symptoms of Ebola disease 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.

Early symptoms include:



fever of 38°C
(101°F) or
higher



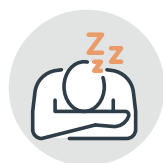
chills



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