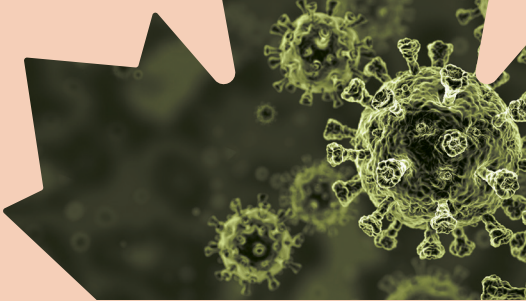


Coronavirus disease (COVID-19)

You may have come into contact with the virus that causes COVID-19



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Mandatory quarantine

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 and variants of concern in Canada. You **MUST QUARANTINE for 14 days and monitor yourself for signs and symptoms** as required by the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation, and Other Obligations)*.

Your compliance with the requirements below is subject to verification and enforcement. Those in violation may face transfer to a quarantine facility as well as fines and/or imprisonment.

Some provinces and territories (see list on the back of this handout) have additional travel restrictions.

Your 14-day quarantine starts on the day you arrive

- › **Go directly to your place of quarantine without delay and stay there for the duration of your quarantine.**
- › **Practise physical distancing** at all times.
- › **Avoid stops and contact with others** while in transit to quarantine:
 - Use a private vehicle if possible
 - Remain in the vehicle as much as possible
 - Pay at the pump for gas and use drive through when you need food
 - Wear a suitable non-medical mask at all times unless you are alone in a private vehicle
- › **You must report** through the ArriveCAN app, online at canada.ca/ArriveCAN or call 1-833-641-0343:
 - **You have reached your place of quarantine within 48 hours** after entering Canada
 - Your **COVID-19 symptom self-assessment** every day until the end of your quarantine
- › If you used ArriveCAN to enter Canada, you must continue to use it to report your arrival and your daily **COVID-19 symptom self-assessment** until the end of your quarantine or your first reporting of symptoms.
- › If you did not use ArriveCAN to enter Canada, call 1-833-641-0343 to report arrival and daily symptoms.
- › **You must ANSWER** calls or visits from screening officers or peace officers.
- › **You must PROVIDE** proof of COVID-19 molecular test
 - **RETAIN** a copy of the COVID-19 molecular test results for the 14-day period which begins on the day you enter Canada, or for the 14-day period that begins on the day on which you receive the evidence of that result
 - **PROVIDE** that test result, upon request, to any official of the Government of Canada, peace officer, or of the government of a province or to the local public health authority of the place where you are located
- › If you were exempt from the pre-arrival test requirement but you were instead required to have a test in Canada:
 - You will be required to go to a quarantine facility or other suitable place of quarantine as determined by a Quarantine Officer while awaiting the test results

A suitable place of quarantine is one where you:

- › Have **access to the necessities of life** without leaving that place
- › Have a **separate bedroom** if the space is shared with family/friends who didn't travel with you
- › Can limit interactions with others in the household. If spaces, such as a kitchen, are shared:
 - Wear a mask if a 2m distance cannot be maintained
 - Thoroughly and regularly clean common areas after use
- › **Are not** living with those at risk of more severe disease
- › **Are not** in close contact with others who did not travel with you. For example, **do not** quarantine in:
 - A group or communal living setting, including camps or student dorms unless the location is pre-authorized
 - A household with a large family or many people
 - A shared small apartment or similar setting



While in quarantine

- › **Do NOT** leave your place of quarantine unless it is for a medical emergency, an essential medical service, to obtain a COVID-19 molecular test, or it is pre-authorized.
- › **Do NOT** have any guests even if you are outside.
- › Use only private outdoor spaces (i.e. balcony).
- › **Do NOT** use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.

Your compliance with these requirements is subject to verification and enforcement

You will be called from 1-888-336-7735 and will be visited by a screening officer or law enforcement to verify your compliance during your 14-day quarantine. You will receive calls with a pre-recorded message and email reminders of your obligations.

Those in violation may be transferred to a quarantine facility, face fines, and/or imprisonment.

- › **Note** that you may also be contacted by provincial or territorial authorities throughout the 14-day period
- › If federal and provincial or territorial guidelines differ, you should follow the strictest requirements

You must monitor your health for 14 days

The following symptoms are associated with COVID-19:

- › new or worsening cough
- › shortness of breath/difficulty breathing
- › feeling feverish, chills, or temperature equal to or over 38°C
- › skin changes or rashes (in children)
- › muscle or body aches, fatigue, or weakness
- › new loss of smell or taste
- › headache
- › gastrointestinal symptoms like abdominal pain, diarrhea, vomiting, or feeling very unwell

- › If you start having symptoms of COVID-19 , OR you receive a positive COVID-19 molecular test, you MUST:
 - Isolate yourself from others immediately for a period of 14 days that begins from the time you have developed symptoms or tested positive for COVID-19
 - Follow the COVID-19 instructions of the local public health authority (see below)
- › The 14-day period starts again if you are in quarantine and during that period, you develop symptoms (e.g. a fever and cough or fever and difficulty breathing), test positive for COVID-19 or if you are exposed to another person who exhibits signs and symptoms or tests positive for COVID-19

You can monitor your symptoms by using the COVID-19 Self-Assessment Tool at: <https://ca.thrive.health/covid19/en>

Public health authorities

Provinces and territories	Telephone number	Website
British Columbia	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-866-626-4862	https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current https://www.youtube.com/user/ManitobaGovernment
Ontario	1-866-797-0000	www.ontario.ca/coronavirus
Quebec	1-877-644-4545	www.quebec.ca/en/coronavirus
New Brunswick	811	www.gnb.ca/publichealth
Nova Scotia	811	www.novascotia.ca/coronavirus/
Prince Edward Island	811	www.princeedwardisland.ca/covid19
Newfoundland and Labrador	811 or 1-888-709-2929	www.gov.nl.ca/covid-19
Nunavut	1-867-975-5772	www.gov.nu.ca/health
Northwest Territories	811	www.gov.nt.ca/covid-19/
Yukon	811	www.yukon.ca/covid-19

For more details on how your personal information is collected, used and disclosed by the Public Health Agency of Canada to administer and enforce the Quarantine Act and the Emergency Orders made under it, please visit this website: www.canada.ca/en/public-health/corporate/stay-informed-stay-connected/canarrive-privacy-notice.html