

Coronavirus disease (COVID-19)

Mandatory requirements for travellers who are subject to isolation arriving by LAND or WATER

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The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 and variants in Canada. **You MUST ISOLATE for 14 days at a suitable place of isolation, provide accurate contact information and monitor your signs and symptoms** as required by the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations)*.

The Public Health Agency of Canada will be calling you to discuss your test results and/or to ensure you are complying with the quarantine measures. Please make sure the information you provide is accurate. Providing false information is an offense under the *Quarantine Act*.

You MUST:

- › **ISOLATE** yourself without delay at a suitable place of isolation as directed by a screening officer or quarantine officer.
- › **REPORT** to a federal designated quarantine facility if you do not have a suitable place of isolation.
- › If you are arriving by land, **TAKE** a COVID-19 molecular test on the **FIRST DAY** you enter Canada and on **DAY 8** of your isolation period as directed by a quarantine officer.
- › **REMAIN** in isolation until the end of the 14-day period that begins on the day you arrive in Canada.
 - **REMAIN in additional isolation if your DAY 8 test result is positive. You must isolate for an additional 14 days from the day your DAY 8 test was taken if the DAY 8 test result is positive**
- › **UNDERGO** any health assessments that a quarantine officer requires.
- › **CONTACT** the public health authority (see other side) specified by a screening officer or quarantine officer if you require additional medical care.
- › **REPORT** your arrival at your address of isolation within 48 hours after you enter Canada.
 - If you used ArriveCAN to enter Canada, continue to use it to report your arrival
 - If you did not use ArriveCAN to enter Canada, or are unable to report through ArriveCAN for any reason, call 1-833-641-0343 to report your arrival
- › **KEEP** a copy of all your travel-related COVID-19 molecular test results. You may be asked to provide this information to the Government of Canada or government of the province or territory, or to the local public health authority during your isolation period.

A suitable place of isolation MUST be a place where you:

- › **DO NOT** use public transportation (e.g. aircraft, bus, train, subway, taxi or ride-sharing service) to get to your place of isolation.
- › **CAN STAY for 14 days** or possibly longer.
- › **WILL NOT HAVE contact with people who:**
 - are 65 years or older
 - have underlying medical conditions
 - have compromised immune systems
 - work or assist in a facility, home or workplace that includes at-risk populations, including:
 - Nurses, doctors, other healthcare professionals, personal support workers, social workers
 - First responders, such as paramedics
 - Cleaning and maintenance staff, receptionists and administrative staff, food services staff, volunteers, essential visitors to those living in long-term care facilities
- › **CAN HAVE** a separate bedroom from those who did not travel with you.
- › **CAN AVOID** contact with others who did not travel with you.
- › **HAVE ACCESS** to the necessities of life, including water, food, medication and heat without leaving isolation.
- › **WILL NOT STAY** in group living environment. Some examples include:
 - a shelter, group home, group residence, hostels, industrial camps, construction trailers or other group setting
 - a student residence (unless you've received prior authorization)
 - a small apartment you share with others
 - a shared household with a large family or families or many people
 - shared living spaces with housemates who haven't travelled with you that you cannot avoid interacting with

Public health measures to follow while in transit

- › **PRIVATE** transportation must be used to get to your place of isolation
- › **WEAR** a well-constructed, well-fitting non-medical mask while in transit, unless you are alone in a private vehicle
- › **REMAIN** in the vehicle as much as possible
- › **AVOID** stops and contact with others while in transit
- › **PRACTICE** physical distancing of 2 metres at all times
- › **PAY** at the pump for gas and use drive through when you need food
- › **AVOID** contact with surfaces frequently touched by others
- › **SANITIZE** your hands frequently



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While in isolation

- › **RESPOND** to calls or visits from screening officers or law enforcement. Calls will appear on your call display as GOV-GOUV CANADA or 1-888-336-7735. Screening officers and law enforcement must identify themselves and show identification, and will ask for you by name.
- › **Do NOT** leave your place of isolation unless it is for a life threatening emergency, an essential medical service or treatment, to obtain a COVID-19 molecular test, or it is pre-authorized by a quarantine officer.
- › **ONLY go outside** on a private balcony or yard with those who travelled with you.
- › **UNDERGO** any health assessments that the quarantine officer requires.
- › **Do NOT** have any visits from family, friends or other guests. Food, groceries, or other necessities, should be left at your door for contactless delivery.
- › **Do NOT** use shared spaces such as lobbies, courtyards, restaurants, gyms or pools if you are in a condo or apartment building or hotel.

You must monitor your health for 14 days

If your symptoms worsen or if you develop new symptoms, follow the COVID-19 instructions of the local public health authority (see below). **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, weakness, or feeling very unwell
- › new loss of smell or taste
- › headache
- › gastrointestinal symptoms like abdominal pain, diarrhea, or vomiting

Your compliance with these requirements is subject to verification and enforcement

You will be called from 1-888-336-7735 and may be visited by a screening officer or law enforcement to verify your compliance during your 14-day isolation. You will also receive automated calls and email reminders of your obligations.

Those who do not comply with the requirements may be transferred to a quarantine facility, face fines, tickets, 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.

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 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