

# Coronavirus disease (COVID-19)

## Mandatory requirements for travellers who are subject to quarantine 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 QUARANTINE** for 14 days, provide accurate contact information and a quarantine plan, 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)*.

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

- › **QUARANTINE yourself** without delay at a suitable place of quarantine for 14 days as directed by a screening officer or quarantine officer starting on the day you arrive.
    - If you have evidence of a positive COVID-19 molecular test that was taken 14 to 90 days prior to your arrival in Canada, go directly to your place of quarantine and remain there for the full 14-day quarantine period
  - › **RESPOND** to calls **and** visits from screening officers or law enforcement.
  - › **REPORT your arrival at your place of quarantine within 48 hours after you arrive in 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 arrival
    - You must also report your daily COVID-19 symptom self-assessment until the end of your quarantine or your first reporting of symptoms
- If you are arriving by land:**
- › You are required to **TAKE** two COVID-19 molecular tests in Canada. Collection kits are provided by the screening officer.
  - › **TAKE** the first test on the day you arrive in Canada. You may take the first test at your place of quarantine or, if available, at the testing site where you entered Canada.
    - If you need to take public transportation (e.g. bus, train, subway, taxi or ride-sharing service), wear a mask at all times and sanitize your hands frequently
  - › **TAKE** the second test on Day 8 of the quarantine period using the self-administered kit provided.
  - › **REMAIN** in quarantine. Your quarantine will end after the 14th day **ONLY IF** you get a negative test result from your Day 8 test.
    - **REMAIN in 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.**
  - › **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 the government of a province or territory or to the local public health authority during your quarantine period.

### Public health measures to follow while in transit

- › **WEAR** a well-constructed, well-fitting, **non-medical mask while in transit**, unless you are alone in a private vehicle or travelling only with the same people you entered Canada with
  - › **PRACTICE physical distancing** of 2 metres whenever possible
  - › **SANITIZE** your hands often
  - › **AVOID** touching surfaces frequently touched by others
- If driving:**
- › **REMAIN** in the vehicle as much as possible: pay at the pump for gas and use drive through if you need to stop for food
  - › **AVOID stops and contact with others**
  - › **AVOID** using the recirculated air option for the car's ventilation; use the car's vents to bring in fresh outside air and/or open the vehicle windows

### Referrals to designated quarantine facilities

You must follow the directions of a quarantine officer and may be directed to a quarantine facility or other suitable place if:

- › you do not take a test when required
- › you do not have a suitable quarantine plan
- › you show signs or symptoms of COVID-19
- › you are exposed to someone who shows signs or symptoms for COVID-19

### You MUST have a suitable place of quarantine where you:

- › **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 AVOID** contact with others who did not travel with you
- › **CAN HAVE** a separate bedroom from those who did not travel with you



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## You MUST have a suitable place of quarantine where you (continued):

- › **HAVE** access to the necessities of life, including water, food, medication and heat without leaving quarantine
- › **WILL NOT** stay in a group living environment. Some examples of group living environments 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

## While in quarantine

- › **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 quarantine 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.
- › **USE ONLY** private outdoor spaces (i.e. balcony).
- › **UNDERGO** any health assessments that the quarantine officer requires.
- › **Do NOT** have any visits from family, friends, or other guests; inside or outside. 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 staying in a condo, apartment building, or hotel.

## 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, weakness, or feeling very unwell
- › new loss of smell or taste
- › headache
- › gastrointestinal symptoms like abdominal pain, diarrhea, or vomiting

- › 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 the day you have a COVID-19 test or developed symptoms
  - Follow the COVID-19 instructions of the local public health authority (see below)

**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 quarantine. You will receive automated calls and email reminders of your obligations.

Those in violation 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 must follow the strictest requirements.

## Public health authorities

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