

Coronavirus disease (COVID-19)

Mandatory requirements for travellers who are subject to isolation arriving by AIR

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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, 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 designated quarantine facility or place of isolation as directed by a screening officer or quarantine officer.
- › **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.
- › **REPORT your arrival at your address place 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, the government of a province or territory, or 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) 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 a 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



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.
- › **UNDERGO** any health assessments that the quarantine officer requires.
- › **ONLY** go outside on private balcony or yard with those who travelled with you.
- › **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, 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