

CORONAVIRUS DISEASE (COVID-19)

You have symptoms that may be due to COVID-19.

MANDATORY ISOLATION

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada. All persons entering Canada **MUST isolate for 14 days** subject to the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation)*.

Your compliance with this Order is subject to monitoring, verification and enforcement. Those in violation may face detention in a quarantine facility as well as fines and/or imprisonment.

- ▶ Before leaving the airport, clean your hands and **put on the mask** provided to you. Keep the mask on while in all public settings.
- ▶ Go to the place where you will isolate without delay, and remain there for a minimum of 14 days from the date you arrive in Canada and follow instructions provided by your public health authority.
- ▶ You are only allowed to take private transportation (e.g. personal vehicle) to get to your place of isolation.
 - If you do not have private transportation, a Public Health Agency of Canada representative will discuss options with you.
- ▶ Maintain a 2 metre distance from others (social distancing) at all times.
- ▶ Minimize contact with others while in transit:
 - Remain in the vehicle as much as possible;
 - Do not stop or stay at a hotel;
 - If you need gas, pay at the pump;
 - If you need food, use a drive through;
 - If you need to use a rest area, put on your mask and be mindful of social distancing and good hygiene practice.

WHEN IN ISOLATION, FOLLOW THE INSTRUCTIONS PROVIDED

The instructions on how to isolate at home are available at:

www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html



IT IS VERY IMPORTANT THAT YOU:



Do not leave your place of isolation unless absolutely necessary, such as to seek medical care



Limit contact with others within the place of isolation



Wash your hands frequently



Cover your mouth and nose when coughing or sneezing



Clean and disinfect surfaces regularly

CONTINUE TO MONITOR YOUR HEALTH FOR:



FEVER



COUGH



DIFFICULTY BREATHING

If your symptoms get worse (persistent cough, shortness of breath, or fever equal or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating), call the public health authority in the province or territory where you are located (see below) and follow their instructions.

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	1-888-315-9257	www.manitoba.ca/covid19
Ontario	1-866-797-0000	www.publichealthontario.ca
Quebec	1-877-644-4545	www.quebec.ca/en/coronavirus
New Brunswick	811	www.gnb.ca/publichealth
Nova Scotia	811	www.nshealth.ca/public-health
Prince Edward Island	811	www.princeedwardisland.ca/covid19
Newfoundland and Labrador	811 or 1-888-709-2929	www.gov.nl.ca/covid-19
Nunavut	867-975-5772	www.gov.nu.ca/health
Northwest Territories	911	www.hss.gov.nt.ca
Yukon Territory	811	www.yukon.ca/covid-19

FOR MORE INFORMATION:

 1-833-784-4397

 [canada.ca/coronavirus](https://www.canada.ca/coronavirus)