

# 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 and monitor themselves for symptoms** 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 directly to the place where you will isolate without delay, and stay there for 14 days from the date you arrive in Canada and follow instructions provided by your public health authority.
- ▶ Do not isolate in a place where you have contact with vulnerable individuals, including those who have an underlying medical condition, compromised immune system from a medical condition or treatment, or 65 years of age or older.
- ▶ Maintain a two-metre distance from others (physical distancing) at all times.
- ▶ Use private transportation only, such as your private vehicle.
- ▶ Avoid contact with others while in transit:
  - Remain in the vehicle as much as possible;
  - Do not make unnecessary stops 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 physical distancing and good hygiene practise.
- ▶ **STAY INSIDE** your home and do not leave your place of isolation unless it is to seek medical attention.

## YOU MUST CONTINUE TO MONITOR YOUR HEALTH FOR:



FEVER



COUGH



DIFFICULTY BREATHING

If your symptoms get worse (cough, shortness of breath, or fever equal to or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating), immediately call a health care professional or public health authority and describe your symptoms and travel history, and follow their instructions.



## IT IS VERY IMPORTANT THAT YOU:



Do not have visitors and limit contact with others within the place of isolation, including children



Wash your hands often with soap and warm water for at least 20 seconds, or use an alcohol-based hand sanitizer if soap and water are not available



Cover your mouth and nose with your arm when coughing or sneezing



Clean and disinfect surfaces regularly

## 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	1-888-315-9257	<a href="http://www.manitoba.ca/covid19">www.manitoba.ca/covid19</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.nshealth.ca/public-health">www.nshealth.ca/public-health</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	911	<a href="http://www.hss.gov.nt.ca">www.hss.gov.nt.ca</a>
Yukon	811	<a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a>

## FOR MORE INFORMATION:

 1-833-784-4397

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