

# 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. You **MUST ISOLATE for 14 days and monitor yourself for symptoms** subject to the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation) No. 2*.

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.

## YOU MUST ISOLATE WITHOUT DELAY

- ▶ **Go directly to the place where you will isolate** without delay, and stay there for 14 days from the date you arrive in Canada.
- ▶ **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 are 65 years of age or older.
- ▶ **Ensure** you have a suitable place of isolation that has the **necessities** of life.
- ▶ Ensure you **wear an appropriate mask or face covering**, especially while in transit.
- ▶ **Practise physical distancing** at all times.
- ▶ **Do not take public transport.** Use private transportation only, such as your private vehicle.
- ▶ **Avoid contact with others** while in transit and do not make any unnecessary stops:
  - Remain in the vehicle as much as possible;
  - Do not 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 practices.

## 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 the public health authority and describe your symptoms and travel history, and follow their instructions.



## WHILE IN ISOLATION

### It is important that you:

- ▶ **Wash your hands often** with soap and warm water for at least 20 seconds, or if not available, use an alcohol-based hand sanitizer containing at least 60% alcohol.
- ▶ **Avoid touching your face.**
- ▶ **Cover your mouth and nose** with your arm when coughing or sneezing.
- ▶ **Limit contact with others** within the place of isolation, including children and those who have not travelled nor been exposed to the virus.

### You MUST:

- ▶ **Stay inside** of your place of isolation.
- ▶ **Not leave** your place of isolation unless it is to seek medical attention.
- ▶ **Not use public transportation** (e.g. buses, taxis).
- ▶ **Not have visitors.**
- ▶ **Not go to school, work or any other public areas.**
- ▶ **Arrange for the necessities of life** (e.g. food, medications, cleaning supplies) to be delivered to your place of isolation.

Follow the instructions provided and online:

[www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html](http://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html)

## 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     | 811                   | <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](http://canada.ca/coronavirus)**