

CORONAVIRUS DISEASE (COVID-19)

**WHILE OUTSIDE OF CANADA, YOU MAY HAVE COME IN CONTACT
WITH THE VIRUS THAT CAUSES COVID-19**

MANDATORY SELF-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 self-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.



Go to the place where you will self-isolate without delay, and self-isolate for 14 days from the date you arrive in Canada.



Maintain a 2 metre distance from others (social distancing) at all times.



Do not have visitors, especially older adults, or those with medical conditions, who are at a higher risk of developing serious illness.



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



Avoid touching your face.



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



Clean and disinfect surfaces regularly.

When in self-isolation, follow the instructions provided.
The instructions are also available at the link provided below.

www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html

MONITOR YOUR HEALTH FOR 14 DAYS

FEVER



COUGH



DIFFICULTY
BREATHING



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

IF YOU START HAVING SYMPTOMS OF COVID-19

(persistent 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 isolate yourself from others in your house



contact your public health authority as soon as possible 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

SPECIAL PROVISIONS

Exceptions have been made for certain individuals or certain types of workers who provide essential services.

Workers in these sectors should contact their employer for specific instructions, maintain a distance of 2 metres from others at all times, closely self-monitor for symptoms, and self-isolate immediately should symptoms develop.

FOR MORE INFORMATION:

 1-833-784-4397

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