

Coronavirus disease (COVID-19)

Requirements for travellers arriving in Canada with symptoms of COVID-19, a COVID-19 positive test result, not fully vaccinated travellers without COVID-19 symptoms, or travellers who do not qualify for fully vaccinated exemption

This document explains legal requirements set out in the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations)*. These contain instructions from a Quarantine Officer. **There are differences in requirements depending on your situation. Know which requirements apply to YOU.**

Public health measures to follow for those subject to Quarantine or Isolation



1. COMPLETE TESTS ON ARRIVAL AND ON DAY 8

(Unless you have evidence of a test result that indicates you received a positive COVID-19 molecular (PCR) test taken less than 180 days before you entered Canada. Please report your previous positive result by calling 1-833-641-0343.)

*Arrival testing is not applicable to children under the age of 5.

- › Take COVID-19 tests as directed on arrival to Canada.
 - If instructed to complete your test on-site, you must register and the on-site test provider will collect your sample.
 - If instructed to take a self-swab kit home, you must complete your specimen collection within 24 hours of entering Canada, and arrange for pick up and delivery to the test provider.
 - If instructed to test off-site at a clinic, pharmacy or satellite testing location, you must proceed to the location specified by the test provider within 24 hours of entering Canada.
- › Take your Day 8 test as instructed.
- › Keep a copy of your travel-related COVID-19 test results until the end of your quarantine or isolation period.
- › Upon request, provide your test results to any official of the Government of Canada, or of the government of a province or territory, or to the local public health authority of the place where you are located.
- › If you receive an indeterminate or invalid test result, you are required to take another test. Contact your testing provider within 24 hours of receiving your test result to make arrangements to complete another test.
- › If you require assistance or do not receive your test result after 4 days, please contact your testing provider. Contact information is available at [Travel.gc.ca/testing](https://travel.gc.ca/testing).



2. QUARANTINE or ISOLATION

- › **Go directly to your suitable place** and quarantine or isolate as instructed.
- › **Isolation Requirements** - Every person who enters Canada must isolate themselves for 10 days without delay in accordance with the instructions below if they:
 - know that they have COVID-19,
 - exhibit signs and symptoms of COVID-19,
 - have received a positive result for any type of COVID-19 test collected less than 10 days before the day on which they enter Canada, or
 - have reasonable grounds to suspect they have COVID-19.
- › If required to isolate, do not use public transportation (e.g. aircraft, bus, train, subway, taxi or ride-sharing service) to get to your place of isolation.
- › Isolation ends after the 10th day from the day on which you entered Canada.
- › **Quarantine Requirements** - Every person who enters Canada, who is not required to isolate in accordance with the above, and who is NOT considered fully vaccinated, must quarantine themselves without delay for 14 days in accordance with the instructions on the next page.

continued on next page



Public health measures to follow for those subject to Quarantine or Isolation-continued

- › Quarantine begins on the day that you enter Canada and ends 14 full days later unless you develop signs and symptoms or test positive (see further details below [Monitor]).
- › **While in transit to your place of isolation or quarantine, wear a well-constructed, well-fitting mask.** If driving, avoid stops and remain in the vehicle as much as possible.



3. REPORT

- › Report your arrival at your place of quarantine or isolation within 48 hours in ArriveCAN or by calling 1-833-641-0343.
- › If in quarantine, report daily on your status related to signs and symptoms of COVID-19 in ArriveCAN or by calling 1-833-641-0343.



4. MONITOR

- › **Monitor your health.**
- › If you start having symptoms or receive a positive on arrival or day 8 COVID-19 test result, you must **report to PHAC within 24 hours by calling 1-833-641-0343 and isolate immediately for an additional period of 10 days.** The isolation period begins on the earliest of:
 - the date the symptoms started,
 - the date you completed the COVID-19 test, if the date is validated by the test provider; OR
 - the date you received the positive test result from tests taken after arrival to Canada.
- › If you travelled with a person who develops signs and symptoms of COVID-19 or receives a positive result for any type of test before the expiry of the 14-day period, you must begin a **new 14 day quarantine** that starts on the day you were most recently exposed to the person. It can take up to 14 days for symptoms to present.
- › PHAC will call you throughout the 14-day quarantine to verify compliance with the testing and with the quarantine requirements. You must answer when called.
- › You may also get a visit at your place of quarantine by a Designated Officer. If you are not at your place of quarantine during this visit, you may get referred to police for further action.

Common signs and symptoms of COVID-19 can be found at <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>

Isolation



DO

- ✓ **Avoid contact** with others who did not travel with you and if isolating sleep in a separate bedroom.
- ✓ **Access the necessities of life** (e.g. water, food, medication, and heat) without leaving your place of quarantine or isolation.
- ✓ **Respond to calls or visits** from screening officers or law enforcement. You will receive live or automated calls from 1-888-336-7735 and must answer all questions truthfully to demonstrate your compliance with the law. You may also receive in-person visits from a screening officer at your place of quarantine.
- ✓ **If you are isolating you must also avoid all in-person interaction with others, including members of your household/group.**
 - When unable, everyone should wear a medical mask.



DON'T

- ✗ **Do not use shared spaces** such as lobbies, courtyards, restaurants, gyms or pools.
- ✗ **Do not have any visitors.**
- ✗ **Do not leave your place of isolation** except for an essential medical service or treatment, or to obtain a COVID-19 test. **If you need to seek medical care, you must:**
 - Wear a medical mask.
 - Use a private vehicle, do not take public transportation.



If you do not comply you may be transferred to a quarantine facility, face fines, and/or imprisonment.

KEEP THIS HANDOUT FOR REFERENCE FOR THE NEXT 14 DAYS.