

# CORONAVIRUS DISEASE (COVID-19)

## YOU MAY HAVE COME IN CONTACT WITH THE VIRUS THAT CAUSES COVID-19

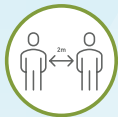
### MANDATORY QUARANTINE (mandatory self-isolation)

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 QUARANTINE (self-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.



Go directly to your place of quarantine without delay and stay there for 14 days from the date you arrive in Canada. Do not go into community settings.



You can take public transportation, but you must not make any unnecessary stops on your way home and you must practise physical (social) distancing at all times. If you are using private transportation:

- ▶ Remain in the vehicle as much as possible.
- ▶ Do not make unnecessary stops along the way.
- ▶ If you need gas, pay at the pump.
- ▶ If you need food, use a drive through.
- ▶ If you need to use a rest area or a hotel, be mindful of physical distancing and good hygiene practice.

## YOU MUST MONITOR YOUR HEALTH FOR 14 DAYS

FEVER



COUGH



DIFFICULTY BREATHING



If you start having symptoms of COVID-19 (cough, shortness of breath, or fever equal to or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating):

- ▶ Isolate yourself from others.
- ▶ 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:

- ▶ Maintain a two-metre distance from others (physical distancing) at all times.
- ▶ Do not have visitors.
- ▶ Arrange to have someone pick up essentials like groceries or medication for you.
- ▶ Stay in a private place like your yard or balcony if you go outside for fresh air.
- ▶ 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.
- ▶ Avoid touching your face.
- ▶ Cover your mouth and nose with your arm when coughing or sneezing.
- ▶ Clean and disinfect surfaces regularly.
- ▶ Follow the instructions provided and online:  
[www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html](http://www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.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	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>

## 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 two metres from others at all times, closely self-monitor for symptoms, and follow the instructions provided above should they have symptoms.

## FOR MORE INFORMATION:

 **1-833-784-4397**

 **[canada.ca/coronavirus](http://canada.ca/coronavirus)**