

# Coronavirus disease (COVID-19)

## Mandatory requirements for travellers who are subject to quarantine arriving by air

C-2

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 and variants in Canada. You **MUST QUARANTINE for 14 days, provide a suitable quarantine plan, and monitor yourself for signs and symptoms** as required by the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations)*.

### You MUST

- › **QUARANTINE for 14 days** starting on the day of your arrival
  - › **UNDERGO** two COVID-19 molecular tests in Canada. This requirement does not apply if you have evidence of a positive COVID-19 molecular test that was obtained 14 to 90 days prior to your arrival in Canada.
- Given below are instructions from a Quarantine Officer on COVID-19 molecular testing in Canada:**
- **TAKE** the first COVID-19 molecular test at the airport on the day you arrive. Follow any specific directions provided by a Quarantine Officer at the airport.
  - **OBTAIN** a COVID-19 specimen collection kit at the airport
  - **TAKE** the second COVID-19 molecular test on DAY 10 of your quarantine period the kit\*
- › **CHECK-IN upon arrival at the desk** of the government-authorized accommodation you pre-booked
  - › **REMAIN** there until you receive your on-arrival test result
  - › **IF the test result is NEGATIVE, CHECK-OUT of the** government-authorized accommodation and **PROCEED** to your suitable place of quarantine
    - If you need to take public transportation (e.g. aircraft, bus, train, subway, taxi or ride-sharing service), to your place of quarantine, follow public health measures

\* Certain travellers who arrive at Calgary International Airport will be required to take the second COVID-19 molecular test at a pharmacy and will be given specific directions about the second test at the airport.

- › **IF test result is POSITIVE, INVALID or INDETERMINATE, await further instructions from a quarantine officer**
- › **REPORT** within 48 hours after arriving to your place of quarantine using the ArriveCAN app, online at Canada.ca/ArriveCAN or call 1-833-641-0343:
  - You must also report your daily **COVID-19 symptom self-assessment** until the end of your quarantine or your first reporting of symptoms

**After you receive your on-arrival negative test result, you MUST:**

- › **REMAIN** in quarantine. Your quarantine will end after the 14th day **ONLY IF** you get a negative test result from your Day 10 test
- › **RESPOND** to calls or visits from screening officers or peace officers
- › **KEEP** a copy of all your COVID-19 molecular test results. You may be asked to provide this proof to a Government of Canada or Provincial Government official or to the local public health authority during your quarantine period

### Public health measures to follow while in transit

- › **WEAR** a well constructed, well fitting, non-medical mask while in transit, unless you are alone in a private vehicle
- › **PRACTICE physical distancing of 2m** when possible such as sitting in the back away from the driver
- › **SANITIZE** your hands when entering/exiting the vehicle
- › **AVOID** contact with surfaces frequently touched by passengers or other drivers
- › **REMAIN** in the vehicle as much as possible: pay at the pump for gas and use drive through when you need food
- › **AVOID stops and contact with others** while in transit
- › **AVOID** using the recirculated air option for the car's ventilation during passenger transport; use the car's vents to bring in fresh outside air and/or open the vehicle windows

### Referrals to designated quarantine facilities

You must follow the directions of a Quarantine Officer and enter a quarantine facility or other suitable place if:

- › you do not take a test when required
- › you do not have a suitable quarantine plan
- › you test positive for COVID-19 while at the government-authorized accommodation
- › you show signs and symptoms of COVID-19 while at the government authorized accommodation
- › you are exposed to someone who shows signs and symptoms for COVID-19

### You MUST have a suitable place of quarantine where you:

- › **CAN STAY for 14 days** or possibly longer
- › **WILL NOT HAVE contact with people who:**
  - are 65 years or older
  - have underlying medical conditions
  - have compromised immune systems
  - work or assist in a facility, home or workplace that includes at-risk populations, including:
    - Nurses, doctors, other healthcare professionals, personal support workers, social workers
  - First responders, such as paramedics
  - Cleaning and maintenance staff, receptionists and administrative staff, food services staff, volunteers, essential visitors to those living in long-term care facilities
- › **CAN AVOID** contact with others who did not travel with you
- › **CAN HAVE** a separate bedroom from those who did not travel with you
- › **HAVE ACCESS to the necessities of life**, including water, food, medication and heat without leaving quarantine



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## You MUST have a suitable place of quarantine where you (cont.):

- › **WILL NOT STAY in group living environment.**

Some examples include:

- › a shelter, group home, group residence, hostels, industrial camps, construction trailers or other group setting
- › a student residence (unless you've received prior authorization)
- › a small apartment you share with others
- › a shared household with a large family or families or many people
- › shared living spaces with housemates who haven't travelled with you that you cannot avoid interacting with

## While in quarantine

- › **RESPOND** to calls or visits from screening officers or peace officers
- › **DO NOT** leave your place of quarantine unless it is for a medical emergency, an essential medical service or treatment, to obtain a COVID-19 molecular test, or it is pre-authorized by a Quarantine Officer
- › **USE ONLY** private outdoor spaces (i.e. balcony)
- › **UNDERGO** any health assessments that the Quarantine Officer requires
- › **DO NOT** have any guests
- › **DO NOT** use shared spaces such as lobbies, courtyards, restaurants, gyms or pools

## You MUST monitor your health for 14 days

The following symptoms are associated with COVID-19:

- › new or worsening cough
- › shortness of breath/difficulty breathing
- › feeling feverish, chills, or temperature equal to or over 38°C
- › skin changes or rashes (in children)
- › muscle or body aches, fatigue, weakness, or feeling very unwell
- › new loss of smell or taste
- › headache
- › gastrointestinal symptoms like abdominal pain, diarrhea, or vomiting
- › If you start having symptoms of COVID-19, OR you receive a positive COVID-19 molecular test, you **MUST**:
  - › Isolate yourself from others immediately for a period of 14 days that begins from the time you have developed symptoms or tested positive for COVID-19
  - › Follow the COVID-19 instructions of the local public health authority (see below)
- › The 14-day period starts again if during your quarantine period you:
  - › develop symptoms (e.g. a fever and cough or fever and difficulty breathing),
  - › test positive for COVID-19 or if you are exposed to another person who exhibits signs and symptoms or tests positive for COVID-19

### Your compliance with these requirements is subject to verification and enforcement

You will be called from 1-888-336-7735 and will be visited by a screening officer or law enforcement to verify your compliance during your 14-day quarantine. You will receive calls with a pre-recorded messages and email reminders of your obligations.

Those in violation may be transferred to a quarantine facility, face fines, and/or imprisonment.

- › Note that you may also be contacted by provincial or territorial authorities throughout the 14-day period.
- › If federal and provincial or territorial guidelines differ, you should follow the strictest requirements.

## 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	1-866-626-4862	<a href="https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current">https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current</a> <a href="https://www.youtube.com/user/ManitobaGovernment">www.youtube.com/user/ManitobaGovernment</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.novascotia.ca/coronavirus">www.novascotia.ca/coronavirus</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.gov.nt.ca/covid-19">www.gov.nt.ca/covid-19</a>
Yukon	811	<a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a>

For more details on how your personal information is collected, used and disclosed by the Public Health Agency of Canada to administer and enforce the Quarantine Act and the Emergency Orders made under it, please visit this website: [www.canada.ca/en/public-health/corporate/stay-informed-stay-connected/canarrive-privacy-notice.html](http://www.canada.ca/en/public-health/corporate/stay-informed-stay-connected/canarrive-privacy-notice.html)