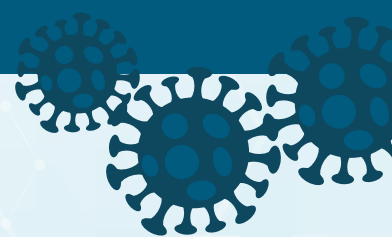


CORONAVIRUS DISEASE (COVID-19)



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

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 and monitor themselves for symptoms** subject to the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation)*.

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.

PERSONS EXEMPT FROM MANDATORY QUARANTINE (SELF-ISOLATION)

The mandatory isolation order does not apply to certain people who may be returning to or entering Canada for work, and who are not experiencing signs or symptoms consistent with COVID-19 at the time of entry.

You are identified as an individual who is exempted from this Order because you meet the definition of an essential service worker.

As such, you are required to respect the intent of the order to minimize spread of COVID-19 in Canada. You must continually monitor your health for symptoms of COVID-19 including for 14 days each time you re-enter Canada. You are also reminded to be aware of and respect the public health guidance and instructions of the area where you are located.

This exemption does not apply to anyone who has symptoms of COVID-19.

If you have the symptoms below before or upon entry into Canada, you must disclose this information to the border services officer or quarantine officer who will provide additional instructions.

MONITOR YOUR HEALTH

FEVER



COUGH



DIFFICULTY
BREATHING



For 14 days after each time you enter Canada, if you have 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):

- ▶ immediately isolate yourself from others in your living space;
- ▶ contact the public health authority in the province or territory where you are located as soon as possible and follow their instructions (see back of sheet); and
- ▶ contact your employer for further instructions related to your work.



WHILE IN CANADA

You are also advised to do the following:

- ▶ Respect the intent of the mandatory isolation Order, when you are not working.
- ▶ Contact your employer to determine if they have any specific instructions for their staff.
- ▶ Monitor yourself for symptoms on an ongoing basis.
- ▶ Maintain a two-metre distance (physical distancing) from others at all times.
- ▶ Ensure that your living arrangements while staying in Canada enable you to avoid any 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.
- ▶ Do not have visitors, particularly those described above.
- ▶ 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.

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.ontario.ca/coronavirus |
| 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 | 1-867-975-5772 | www.gov.nu.ca/health |
| Northwest Territories | 911 | www.hss.gov.nt.ca |
| Yukon | 811 | www.yukon.ca/covid-19 |

FOR MORE INFORMATION:

 1-833-784-4397

 canada.ca/coronavirus