

RESETTLING TO CANADA DURING THE COVID-19 PANDEMIC

Moving to a new country is a big step, especially during a global health crisis. You may have many questions and concerns. This information will help you during your resettlement.

We are taking steps to protect people in Canada during the COVID-19 pandemic. Everyone who enters Canada must give certain information and follow certain rules.

It is important that you understand the information on this sheet and follow all directions.

WHAT YOU NEED TO KNOW ABOUT COVID-19

The coronavirus disease (COVID-19) is a serious illness with symptoms including:



new or worsening cough



difficulty breathing or shortness of breath



temperature equal to or over 38°C



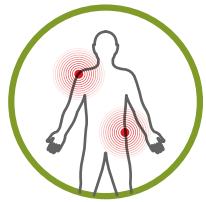
feeling feverish



chills



gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)



muscle or body aches



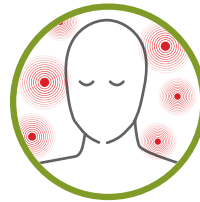
loss of smell or taste



headache



fatigue or weakness



feeling very unwell

If a person has COVID-19, they can give it to others close by when they talk, laugh, sing, cough or sneeze. The virus can also be spread through contact with a surface that has the virus on it. It is important to note that you can have COVID-19 and give it to others, even when you have no symptoms at all.

PROTECT YOURSELF AND OTHERS BEFORE, DURING AND AFTER YOU ARRIVE IN CANADA

The best way to lower the spread of COVID-19 is to:



Stay home and away from others if you are not feeling well.



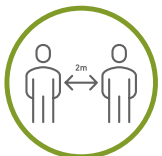
Wash your hands often with soap and warm water for at least 20 seconds.



Use a **hand sanitizer containing** at least 60% alcohol if soap and water are not available.



Avoid touching your face, especially your eyes, nose or mouth.



Practise physical distancing (staying at least 2 metres away from people who do not live with you).



Wear a non-medical mask or face covering when you cannot keep 2 metres away from people who don't live with you. In some parts of Canada, it is mandatory to wear a mask in certain public places.



Avoid contact with people who are sick or who have been exposed to the virus.



Cover your mouth and nose with your elbow when coughing or sneezing, or use a tissue.



Limit your contact with people at higher risk of serious illness from outside your family, including those who:

► are 65 years of age or older

► have an underlying medical condition

► have a compromised immune system from a medical condition or treatment



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

Canada

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WHILE TRAVELLING TO CANADA

You will need to wear the non-medical mask given to you by the International Organization for Migration (IOM) while travelling. When you arrive in Canada, you will need to continue to wear your non-medical mask or face covering.

While going through customs and immigration, we will:



- ▶ screen you for symptoms of COVID-19
- ▶ ask you where you are going
- ▶ have you remove your mask for a short period of time so we can check your identification

Follow physical distancing rules while travelling, even when wearing a non-medical mask. This means staying 2 metres away from anyone who does not live with you as much as possible.

MANDATORY QUARANTINE FOR 14 DAYS

When you arrive in Canada, you **MUST quarantine for 14 days**. This is the time it usually takes between being exposed to COVID-19 and developing symptoms. Quarantine after travelling is the law in Canada. Anyone who does not follow the directions may have to stay in a quarantine facility, pay a fine or go to jail.

While in quarantine, you must monitor yourself for symptoms, even if they are mild. Some people can have COVID-19 without ever developing symptoms. Staying in quarantine for 14 days helps protect against spreading COVID-19 into the community.

Your sponsor or government-funded organization will:



arrange for you to quarantine at a **suitable place** when you arrive in Canada



help you get food, medicine, cleaning supplies and other necessary items delivered to your place of quarantine



get you **from the airport to your place of quarantine** without unnecessary stops

While in quarantine, you are not allowed to:



leave your place of quarantine unless you need to seek **medical attention**
go for walks outside your place of quarantine
go to any public areas, like parks, shopping malls, or food markets



have visitors

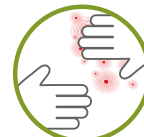


use public transportation, such as buses, taxis or ride-sharing services

You may have to stay in quarantine longer than 14 days if you:



develop symptoms of COVID-19



are exposed to someone who has COVID-19 or symptoms of COVID-19

IF YOU START HAVING SYMPTOMS WHILE IN QUARANTINE

If you start having symptoms while in your 14-day quarantine period, **tell your sponsors or government-funded organization immediately**.

They will help you contact the public health authority in your area. The health authority will ask you to describe your symptoms and travel history. They will also give you instructions to follow.

While you have symptoms, you will need to:

- ▶ **Isolate yourself right away:** This means that you must stay away from other people, even your family members and the people you live with.
- ▶ Sleep and spend time in a **separate room** away from others, if possible.
- ▶ **Wear a mask or face covering** when you are around other people.
- ▶ **Disinfect shared bathrooms, items or surfaces** every time you use them. If possible, use a different bathroom than others.
- ▶ **Stay away from people who are at higher risk of developing serious illness**, such as older adults and people with medical conditions.

As well, you and everyone who travelled with you will need to **extend their quarantine by 14 days**.

For more information: canada.ca/coronavirus



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