

Welcome back to Canada:

While outside of Canada, you may have come in contact with the virus that causes COVID-19. This document should help you with your questions.

If you have any other questions, please visit the website of your local or provincial health authority. If you live here in Alberta, please visit www.alberta.ca/covid19 for the latest information.

Q: I just returned from travel. What do I need to do now?

A: For the next 14 days:

You are required to Self-isolate

- **This means staying home and keeping your distance from others;**
- **Do not have visitors, especially older adults, or those with medical conditions, who are at a higher risk of developing serious illness;**
- **Do not go into stores to buy groceries;**

Monitor your health for fever (greater or equal to 38°C) and cough.

If you develop these symptoms, maintain self-isolation and;

- Visit the provincial or territorial public health website where you are located for more information, including when to contact your public health authority.
- If you live here in Alberta, visit ahs.ca/covid or call 811.
- If you require emergency care for shortness of breath, call 911 and inform them you may have COVID19

Q: What else can I do to reduce my chance of illness?

A: Please also be sure to:

- Wash your hands frequently with warm water and soap
- Avoid touching your face
- Avoid contact with sick people
- Cover your mouth with your arm when you cough or sneeze
- Clean and disinfect surfaces regularly
- And again: Stay home

If you are staying here in Alberta, please visit www.alberta.ca/covid19 for more information.

Q: What does self-isolation mean? What should I do or not do?

A: Self-isolation means

- Avoiding situations where you could infect other people.
- This means staying home and not going to any situations where you may come in contact with others, such as social gatherings, work, school, child care, athletic events, university, faith-based gatherings, healthcare facilities, grocery stores, restaurants, shopping malls, and all public gatherings.
- **If you are still travelling**, use your vehicle for self-isolation and services that allow for social distancing such purchasing groceries in advance for pickup and purchasing fuel at the pump;
- You should also not (where possible) use public transportation including buses, taxis, or ride sharing.
- When you return home use delivery or pick up services for errands such as grocery shopping, and if you absolutely must leave your home for an urgent essential errand, as a precaution to reduce risk of spread, you should wear a surgical mask while you are out. Most grocery stores have pick-up or delivery services available. There may also be organizations in your community that provide meals delivered. Services are also available to have meal kits and recipes delivered to your door.
- Avoid having visitors to your home. It is okay for friends, family or delivery drivers to drop off food on the doorstep.
- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels and pillows with other people in your home. Wash after using

During this time, it is important that you monitor your health for symptoms like fever or cough, and contact your local or provincial health authority if you have any concerns.