

Suggested Quarantine Plan

I am aware of all current [federal](#) and [provincial \(Québec\)](#) quarantine obligations during the COVID-19 pandemic, and, if there are discrepancies between them, I will follow the most cautionary and stringent requirements.

Here are the contact details you can reach me at during my quarantine:

- Email:

- Phone:

Upon my arrival in Canada, I agree to observe a quarantine period, if required, of 14 days under the following conditions:

✓ I will travel directly to my quarantine location by the following means of transportation (Specify means of transportation-taxi, private car, etc.)

✓ My place of quarantine will be :

○ Address:

○ Name of hotel, if applicable:

- ✓ The following people also normally reside where I will be quarantining or they are travelling with me.¹ They are not vulnerable individuals,² they do not provide care for vulnerable individuals, and they are not health care workers. In addition, I will have my own bedroom that is separate from those used by people who have not travelled with me. *[If other people will be in the same place, give the names, ages, and **health of those people.**]:*

- ✓ I have (or My place of quarantine has) the necessities of life *[Give more details, such as soap, towels, sheets, toilet paper, thermometer, mask, etc.]*:

- ✓ I will arrange food supplies without leaving my place of quarantine as follows *[Give details about hotel food service options, grocery stores, and/or restaurants near your place of quarantine with delivery services (business names), etc.]*:

¹ No other scenarios are allowed.

² They do not have **any** underlying medical conditions that would make them susceptible to COVID-19 complications. They do not have a weak immune system due to any health problems or medical treatment. Also, they are not 65 years of age or older.

- ✓ I will arrange getting over-the-counter medication without leaving my place of quarantine as follows *[Give details about the medication you have with you and the pharmacy (name) that can deliver more if needed]:*

- ✓ I have the following prescription drugs with me and enough for one month *[If this applies to you, give details about the prescription drugs you have with you]:*

- ✓ I will have access to the financial resources I need for my quarantine as follows *[Provide as much proof as possible that you have immediate access to enough funds to cover for the cost related to the quarantine period: bank account summary, **credit card** that has a sufficient limit and that **works in Canada**, etc.]:*

AGREEMENTS *[Keep only the points that are relevant to your situation; you can add more if necessary]*

As I travel to my place of quarantine, I agree to:

Wear an appropriate non-medical mask or face covering during the journey, unless I am alone in a personal vehicle.

Practise physical distancing at all times and avoid stops and contact with others during the journey.

In the place where I am staying, I agree to and confirm the following:

There are no vulnerable individuals (adults 65 and over or people who have health conditions or a weak immune system).

There are no health care workers.

If there are other people living in my place of quarantine: I will avoid contact with people who did not travel with me; I will stay on my own as much as possible in my own room; I will minimize my movement in common areas; I will minimize my contact with other people; and I will wear a mask if I have to come within two metres of other people.

If I have to share a bathroom with other people, I will disinfect the surfaces of the shared bathroom each time after I use it.

If I have to use other common areas, I will disinfect the surfaces of those areas after each use.

I will air out rooms I use, as much as possible.

I will not have any guests, even if I am outside and keep a distance of two metres or wear a mask.

I will avoid using the shared spaces, such as lobbies, courtyards, restaurants, gyms, and pools, in apartment buildings or hotels.

I will stay two metres apart from other people if I go out on my balcony or into my private yard.

I will not share any personal items with others, including plates, utensils, glasses, towels, sheets, and clothing.

I will avoid contact with animals.

With regard to providing for myself, I agree to:

Use the home delivery service of a grocery store or pharmacy and maintain a contact-free delivery of two metres, if no one is helping me with my groceries or medication.

Maintain a contact-free delivery of two metres, if someone is helping me with my groceries or medication.

During my quarantine, I agree to:

Use [ArriveCAN](#) or call 1-833-641-0343 to confirm that I have arrived at the address I provided for my quarantine, within 72 hours of arriving.

Use [ArriveCAN](#) or call 1-833-641-0343 to complete daily COVID-19 symptom self-assessments during my quarantine period.

Answer any phone calls from the Government of Canada from 1-888-336-7735.

Not leave my place of quarantine during the 14 days of isolation, except in an emergency, such as a medical emergency. In the event of an emergency medical consultation, I will notify the emergency services and healthcare personnel that I am currently in quarantine after arriving from abroad, and I will follow all their instructions. In addition, I will wear a mask, practise physical distancing with others as much as possible, and disinfect my hands regularly.

Have no scheduled medical-related appointments during the quarantine period.

Wash my hands often with soap and warm water for 20 seconds or with a solution containing at least 60% alcohol until my hands are dry, especially after eating, after using the toilet, and whenever my hands are dirty.

Avoid touching my face as much as possible. I will sneeze or cough into either a tissue or the crook of my arm, and I will blow my nose into a tissue. If I use a tissue, I will throw it into the garbage and wash my hands as soon as possible.

Isolate myself from others if COVID-19 symptoms appear and call the COVID-19 hotline (1-877-644-4545) and follow the instructions given.

Undergo the COVID-19 tests required by the Québec government and federal government

If you are exempt from quarantine :

I agree to abide by the health measures in place at the local, state and federal level.

I agree to wear a mask in public places.

I agree to keep my proof of vaccination during my first 14 days in Canada and all results of screening tests done before and upon my arrival, if applicable.

I agree to make a complete list of all persons with whom I will be in close contact for the first 14 days following my arrival in Canada.

In addition, I am aware that:

I could be checked on to make sure I am not breaking my quarantine. I could be moved to a quarantine facility if I break my quarantine or if I test positive for COVID-19.

I will have to quarantine again for a new 10-day period if COVID-19 symptoms appear during my quarantine, if I am exposed to COVID-19, or if I test positive for COVID-19.

There are serious consequences for not abiding by the quarantine (a fine of up to \$750,000, up to six months of jail time, and, as a foreigner, being removed from Canada and banned from entering for one year).

Failure to abide by the quarantine may constitute other criminal offences.

Name:

Date:

Signature: