



COVID 19

The federal government is enacting measures in the Quarantine Act to make **14-day self isolation mandatory for all travellers who have returned to Canada.**

People who show coronavirus symptoms upon arriving in Canada will be forbidden from using public transit to travel to where they intend to isolate, and can't serve out their 14 days in a place where they'd be in contact with vulnerable people.

The formal quarantines come with the potential for fines or even arrests for people violating them. Deputy Prime Minister Chrystia Freeland says the government has been urgently advising people to self-isolate, a decision has been taken that it must be mandatory in order to curb the spread of COVID-19.

Self-isolating means staying at home and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

When **self-isolating** you should:

- Not use public transportation, taxis or rideshares.
- Not go to work, school or other public places.
- Ask your health care provider or public health unit will tell you when it is safe to leave.
- Keep away from seniors and people with chronic medical conditions (for example, diabetes, lung problems, immune deficiency).
- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- If you are in a room with other people, keep a distance of at least two metres.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined waste basket, and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket wash your hands.
- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.

We are requesting that all residents who have returned from travel outside of Canada, please self-isolate for their health and safety as well as that of the other residents in the building, in order to help prevent the spread of the disease.