

CMU  
BLOG UPDATES

PUBLIC HEALTH ONTARIO  
COVID RESOURCES

GOVERNMENT OF CANADA  
TRAVEL RESOURCES

If you are a traveller entering Canada, you must follow the rules under the "Quarantine Act".

You must head straight to your chosen place or location where you must practice a 14-day self-isolation. During this time, you must monitor yourself for any signs of COVID-19 exposure and symptoms. You may use this self-assessment as an aid.

If at all during your self-isolation, you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

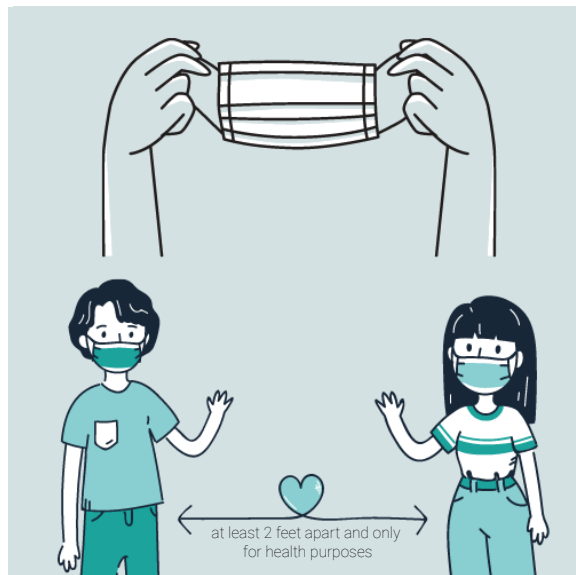
### STAY HOME AND KEEP YOUR DISTANCE

- Stay home unless you need to get tested or require emergency medical care.
- Do not go to work, school or other public places and transportation.
- No visitors unless essential. Stay in a separate room away from other people in your home if possible.



### WEAR A MASK OVER YOUR MOUTH AND NOSE

- Wear a mask if you must leave your house to see a health care provider or to get tested for COVID-19.
- If you must leave your house for healthcare reasons practice physical distancing.
- Wear a mask if you have symptoms of COVID-19 and are around other people.



### PRACTICE GOOD HYGIENE AND ETIQUETTE

- Wash your hands with soap and water regularly for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- When coughing or sneezing cover your mouth and nose with a tissue or use your upper sleeve or elbow - not your hand.
- Avoid touching eyes, nose, mouth.

