**From the Public Health Agency of Canada**

**For travellers arriving in Canada**

The Government of Canada is closely monitoring the spread of COVID-19 in Canada and in other countries. You could have come into contact with COVID-19 while abroad.

Upon return to Canada, you will need to:

* [Self-isolate](https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html) for 14 days after your return from travel outside of Canada. Some provinces and territories may have specific recommendations for certain groups such as health care workers.
* Monitor your health for **fever, cough or difficulty breathing**.
* Wash your hands often for 20 seconds and cover your mouth and nose with your arm when coughing or sneezing.

## Avoid-all non-essential travel

To limit the spread of COVID-19, the Government of Canada advises that you **avoid all non-essential travel outside of Canada** until further notice.

Many countries have put in place travel or border restrictions and other measures such as movement restrictions and quarantines.

Airlines have cancelled flights. New restrictions may be imposed with little warning. Your travel plans may be severely disrupted and you may be forced to remain outside of Canada longer than expected.

If you have plans to travel, contact your airline or tour operator to determine options for cancelling or postponing your trip.

Canadians who are outside of Canada should find out what commercial options are still available to return to Canada and should consider returning to Canada earlier than planned if these options are becoming more limited.

Making the choice to stay at home and to not travel outside of Canada is the best way to protect yourself, your family and the most vulnerable groups in our communities from the spread of COVID-19.