



## Self-quarantine on return to B.C.



International travellers are required by law complete the federal ArriveCAN application, meet COVID-19 testing requirements and self-quarantine for 14 day. Air travellers have additional requirements.

Last updated: **February 24, 2021**

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## Comply with the federal Quarantine Act

The Government of Canada has implemented a self-quarantine plan for returning international travellers under the Quarantine Act.

- The federal government will continue to use its authority under the Quarantine Act to ensure compliance with the order, enforceable by RCMP or local police
- Maximum penalties for breaking self-isolation orders include a fine of up to \$750,000 and/or imprisonment for six months

All travellers, whether arriving by land or air will be required to submit their travel and contact information. This includes a suitable quarantine plan, electronically via [ArriveCAN](#) before crossing the border or boarding a flight.

Service BC will conduct compliance and wellness checks to ensure travellers can effectively maintain their 14-day self-isolation.

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## Complete the federal ArriveCAN application

Travellers arriving in B.C. by air, land or sea from international locations including the United States must complete the federal ArriveCAN application.

#### Download ArriveCAN on your mobile device

- [iPhone/App Store](#)
- [Android Devices](#)

#### Submit your ArriveCAN application online

- [Accessible web-based form](#)

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## Travellers entering Canada by Air

People entering Canada by air can only arrive at select international airports:

- Vancouver International Airport
- Calgary International Airport
- Montreal-Trudeau International Airport
- Toronto Pearson International Airport

Before departure, the following requirements must be met by all air travellers:

- Provide proof of a negative COVID-19 molecular test to the airline. The test must be conducted within 72 hours of scheduled boarding
- Complete the ArriveCAN application

All air travellers must reserve a room in a [Government of Canada-approved hotel](#) for three nights at their own cost, and take a COVID-19 molecular test on arrival at their own cost.

We strongly recommend reviewing the all the [federal air travel requirements](#) before travelling back to Canada. Some exemptions are in place.

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## Travellers entering Canada by land or water

Travellers entering Canada by land or water are strongly encouraged to download the [ArriveCAN mobile app](#) or submit online before they arrive at a border crossing to avoid additional delays for public health questioning and to limit points of contact at the border. You must show your ArriveCAN receipt to a border services officer.

When entering Canada, you'll be:

- Asked if you have a cough, fever or difficulty breathing
- Required to acknowledge that you must self-quarantine for 14 days
- Provide traveller contact information through the ArriveCAN application
- Required to [complete testing requirements if you enter at a land border](#)

## COVID test requirements at land borders

## Proof of test

All travellers are required to provide proof of COVID-19 test to the border agent. The test must be either:

- A negative COVID-19 molecular test taken within 72 hours of arrival at the border
- **or**
- A positive test taken 14 to 90 days prior to arrival at the border

Some people are exempt. [Review exceptions.](#)

## Test on arrival

All travellers are also required to take a COVID-19 molecular test before they enter Canada. This is in addition to the proof of test. Near the end of the 14-day quarantine, travellers must take another test.

- Review [Government of Canada Driving to Canada checklist](#)

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## Optional: Complete a B.C. self-quarantine plan

In addition to the federal ArriveCAN Application, travellers arriving in B.C. are encouraged to complete a self-quarantine plan. Completing the plan will help you prepare to self-quarantine successfully. It's important to consider:

- The location of your 14-day self-quarantine
- How you will travel to your quarantine location
- Arranging the necessary supports:
  - Food
  - Medications
  - Child care
  - Cleaning supplies
  - Pet care
- Social or family support

[Submit your B.C. self-quarantine plan](#)

**Note:** The form does not work on Internet Explorer

## How to self-quarantine

The British Columbia Centre for Disease Control (BCCDC) has [guidelines on how to self-quarantine.](#)

### Self-quarantine guidance in other languages

- [新型冠狀病毒\(COVID 19\): 如果您與家人同住, 旅遊回來後如何自我隔離 \(PDF\)](#)
- [新型冠狀病毒\(COVID 19\): 如果您与家人同住, 旅游回来后如何自我隔离 \(PDF\)](#)
- [ਕੋਵਿਡ-19: ਯਾਤਰਾ ਕਰ ਕੇ ਆਉਣ ਤੋਂ ਬਾਦ ਦੂਸਰੇ ਪ੍ਰਵਾਹਕ ਮੈਂਬਰਾਂ ਨਾਲ ਰਹਿੰਦੇ ਸਮੇਂ ਆਪਣੇ ਆਪ ਨੂੰ ਅਲੱਗ \(self-isolate\) ਕਿਵੇਂ ਰੱਖਣਾ ਹੈ? \(PDF\)](#)

- [कोविड -19: यात्रा से लौटने के बाद परिवार के अन्य सदस्यों के साथ रहते हुए आत्म-अलगाव \(self-isolate\) कैसे करें? \(PDF\)](#)
- [COVID 19: 가족과 함께 살 경우, 여행 후 자가격리 방법 \(PDF\)](#)
- [COVID 19: Cómo autoaislarse después de un viaje si vive con familiares \(PDF\)](#)
- [COVID 19: Paano ihiwalay ang sarili pagkatapos ng paglalakbay kapag nakatira ka kasama ang iba pang mga kapamilya \(PDF\)](#)
- [COVID-19 : Comment se placer en quarantaine \(s'auto-isoler\) à la suite d'un voyage lorsque vous vivez avec d'autres membres de votre famille \(PDF\)](#)

روش قرنطینهسازی شخصی پس از سفر، در صورتی که با سایر اعضای خانواده زندگی میکنید: COVID 19 (PDF)  
 کوو 19: جب آپ گھر کے دوسرے افراد کے ساتھ رہتے ہیں تو سفر کے بعد خود کو الگ تھلگ کیسے کرنا ہے (PDF)  
 فیروس کو فید 19: كيفية العزل الذاتي بعد السفر إذا كنت تعيش مع أفراد الأسرة الآخرين (PDF)

## COVID-19 response



Information for residents of B.C. about COVID-19, including:

- Vaccines
- Benefits and supports
- PHO orders and guidelines

[Get COVID-19 information](#)

## Need help?

Talk to a Service BC agent about **non-health related information and services** including:

- Self-quarantine
- Travel restrictions

[Text: 1-604-630-0300](tel:1-604-630-0300)

[Call: 1-888-COVID19](tel:1-888-COVID19)

**Service is available 7:30 am to 5:00 pm.** Standard message and data rates may apply.

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### Telephone for the Deaf

[Across B.C. Dial 711](tel:711)

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### Translation Services

Available in more than 120 languages, including:

- 翻譯服務
- 翻译服务
- ਅਨੁਵਾਦਸਰਵਿਸਿਜ਼
- خدمات ترجمه؟
- Services de traduction
- Servicios de traducción

**Service is available 7:30 am to 8 pm.**

[Call: 1-888-268-4319](tel:1-888-268-4319)

