



Different alert levels are in force in Québec. [Consult the health measures that apply in your region](#) for more details. You can also [consult all the information on COVID-19](#).

Instructions for travellers during the COVID-19 pandemic

Travel elsewhere in Canada

There are no preventive isolation measures for people arriving from other Canadian provinces. However, non-essential travel should be avoided.

Other provinces may have specific rules for travellers arriving from Québec. To find out what they are, go to the destination province's [COVID-19 information website](#) [\(https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/provincial-territorial-resources-covid-19.html\)](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/provincial-territorial-resources-covid-19.html).

The Government of Canada identifies locations (flight, cruise, train) where Canadians may have been exposed to COVID-19. To view the list, go to the [Coronavirus disease \(COVID-19\): Locations where you may have been exposed to COVID-19](#) [\(https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/exposure-flights-cruise-ships-mass-gatherings.html\)](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/exposure-flights-cruise-ships-mass-gatherings.html) page.

International travel

All travellers entering Canada must follow the rules set out by the emergency orders issued by the Government of Canada under the Quarantine Act to limit the introduction and spread of COVID-19 in Canada. All travellers (with a few exceptions) must, in particular:

1. Provide proof that they received a negative result for a COVID-19 molecular test taken within 72 hours prior to arriving in Canada or boarding a flight or a positive result for a test taken between 14 and 90 days prior to arriving in Canada or boarding a flight.
2. Take a COVID-19 molecular test on arrival in Canada and 10 days after arrival.
3. Isolate for 14 days after arriving in Canada (mandatory quarantine).

To find out all the requirements for travellers, please consult the Public Health Agency of Canada website and the following documents:

- [Entering Canada by Air during COVID-19 - Canada.ca](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/entering-canada-covid-19.html) [\(https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/entering-canada-covid-19.html\)](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/entering-canada-covid-19.html)

Ask your questions

- [Entering Canada by Land during COVID-19 - Canada.ca](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/entering-canada-covid-19-land.html) (https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/entering-canada-covid-19-land.html)

All travellers entering Canada from outside the country, including cruise passengers, **must self-isolate for 14 days**. They must also **postpone all non-urgent medical appointments**.

Such isolation covers both travellers who are sick or display symptoms and those who do not have symptoms and are in perfect health. All individuals who are returning from outside Canada and are in preventive self-isolation at home must abide by the [instructions on returning home from abroad](#).

If you develop symptoms during this time, you will have to complete the [COVID-19 Symptom Self-Assessment Tool](#) and follow the instructions or call 1 877 644-4545 (tel:+1-877-644-4545). According to Order in Council 45 of the Quarantine Act, travellers who develop symptoms of COVID-19 or who test positive for COVID-19 during their quarantine period will be required to extend their isolation period by 14 days from the time they developed their symptoms or had the test that gave a positive result.

The Government of Canada requires all travellers entering Canada to provide contact and quarantine information through [ArriveCAN](#) (https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html). They must provide specific information before and after entering Canada, including a quarantine plan and contact and travel information. ArriveCAN is available as a mobile app or by signing in online.

Penalties for non-compliance

The Government of Canada has issued emergency orders under the *Quarantine Act* to slow the advance and spread of the COVID-19 virus. It applies to all travellers entering the country.

Failure to comply with instructions received upon arrival in Canada can result in a fine of up to \$750,000 and up to 6 months in prison. For more information, visit the [Public Health Agency of Canada](#) (https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#f) website.

To remind people who are returning to the country of these obligations, police checkpoints will be established near the US border.

Anyone who does not comply with these instructions commits an offence under the federal legislation and is liable to [penalties](#) (https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#a2).

The Government of Canada identifies locations (flight, cruise, train) where Canadians may have been exposed to COVID-19. To view the list, go to the [Coronavirus disease \(COVID-19\): Locations where you may have been exposed to COVID-19](#) (https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/exposure-flights-cruise-ships-mass-gatherings.html) page.

Exemption from orders under the Quarantine Act.

You may be exempted from mandatory quarantine requirements under certain conditions. For more information, visit the [Government of Canada website](#) (https://travel.gc.ca/travel-covid/travel-restrictions/isolation?_ga=2.221505179.2021685776.1614794567-1584496600.1614794567).

It should be noted that businesses that deliver goods from abroad their employees to temporarily self-isolate.

Ask your questions

ask

Leaving Canada

Some countries require medical certificates or COVID-19 tests from travellers and nationals upon arrival. These requirements are not an indication for testing in Québec. Certificates are not covered by the Régie d'assurance maladie du Québec.

The following private laboratories are recognized by the Laboratoire de Santé publique du Québec and have agreed to carry out the tests and issue the certificates prescribed for travellers and nationals. You can contact these laboratories directly to get tested or contact a specimen collection centre which will confirm whether or not the centre has the test done by a recognized laboratory.

List of volunteer laboratories

- [Medfuture Clinic](https://medfuture.ca/) (https://medfuture.ca/)
1-514-378-7000 (tel:1-514-378-7000)
- [Biron Health Group](https://www.biron.com/en/laboratory/covid-19/travel/) (https://www.biron.com/en/laboratory/covid-19/travel/)
1-833-590-2712 (tel:1-833-590-2712)
- [CDL Laboratories Inc.](https://www.cdllaboratories.com/en/) (https://www.cdllaboratories.com/en/)
1-514-344-8022 (tel:1-514-344-8022)
- [Dynacare](https://www.dynacare.ca/covid-19-tests-for-travellers.aspx?lang=en-ca) (https://www.dynacare.ca/covid-19-tests-for-travellers.aspx?lang=en-ca)
1-800-565-5721 (tel:+1-800-565-5721)
- [CIRION Medical laboratory](http://covid.cirion.com/) (http://covid.cirion.com/)
1-855-902-5226 (tel:+1-855-902-5226)

Instructions on returning home from abroad

All travellers entering Canada must self-isolate for 14 days.

Please follow these instructions to avoid transmitting COVID-19 to others.

Stay home

- Do not go to school or work or to an early childhood or daycare centre, or any other public place, such as a store.
- Do not go out for a walk.
- If your children did not make the trip they can attend their daycare or school if they have no symptoms of COVID-19 and have received no isolation directions.
- Do not take public transportation.

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- If you have no one that can help you by picking up your groceries and medications, have your supermarket and pharmacy orders delivered and stay at least two metres away from the delivery person.
- Allow no visitors in your home.
- If you live with other people who did not travel:
 - If possible, remain alone in your own room in the house.
 - Avoid contact with others in the home. Keep a distance of at least 2 metres between yourself and others. [Cover your nose and mouth](#) if you need to be closer than 2 metres from someone.
 - If possible, eat and sleep alone in a single room of the home.
 - If possible, use a bathroom that is reserved for you alone. Otherwise, disinfect after each use.
 - Air out the house and your room often by opening a window, weather permitting.
- You can go outside on your balcony or in your private yard, making sure that you are 2 metres away from any other person.

Cover your nose and mouth

If possible, wear a mask or face covering over your nose and mouth:

- Whenever another person is in the same room as you and less than 2 metres away.
- Whenever you go out for medical reasons.

To learn how to make and use your own face covering, look at the [Wearing a mask or a face covering in public settings in the context of the COVID-19 pandemic](#) page.

Cover your nose and mouth when coughing or sneezing

- Use a paper facial tissue when you cough, sneeze or blow your nose.
- Throw the tissue away in the trash as soon as possible then wash your hands thoroughly.
- If no paper tissues are available, cough or sneeze into the crook of your elbow.

Wash your hands often

- Wash your hands often with soap and warm water for at least 20 seconds.

[Ask your questions](#)

- Use an alcohol-based hand sanitizer if soap is not available and rub your hands together until they are dry.
- Also wash your hands when they are visibly dirty, before eating and after using the toilet.
- Close the toilet bowl lid before flushing and be sure to wash your hands.

Do not share personal items

Do not share dishes, utensils, glasses, towels, sheets and/or clothes with anyone else.

Avoid all contact with pets

There is nothing to suggest that pets play a significant role in spreading COVID-19. However, several cases of transmission between animals and humans have been seen. It is also true that pets exposed to the virus are comparable to potentially contaminated surfaces.

- Abide by public health recommendations for humans with respect to pets.
- If possible, ask another person in the home to care for your pets. If this is not possible, carefully wash your hands before and after you touch your pets and cover your mouth and nose when coughing or sneezing.
- If possible, keep your pets indoors. If you let them out, use a leash or keep them in a private fenced-in yard.
- Tell people that care for your pets to limit physical contact, wash their hands before and after touching them and implement the usual preventive measure for [animal diseases that can be transmitted to humans](http://www.mapaq.gouv.qc.ca/zoonoses) (in French only).

More information is available at the [Quebec.ca Q&A for pet owners and custodians](#).

Watch for symptoms and take your temperature every day

- Take your temperature every day, at the same time, and write it down. This will be helpful if you need to consult a health care professional.
- If you are taking fever medication, wait at least 4 hours before taking your temperature.

What to do if you develop symptoms

If you have symptoms of COVID-19, a test is generally recommended. Follow one of the steps below to be directed to the appropriate resource.

[Ask your questions](#)

- If you, your child or another family member has symptoms of COVID-19, you can use the [COVID-19 Symptom Self-Assessment Tool](#) to get a recommendation as to what you should do, based on your condition.
- If you are unable to use this tool, are worried or have another health problem, contact [1-877-644-4545 \(tel:+1-877-644-4545\)](tel:1-877-644-4545) as soon as possible and follow the instructions provided.
- If you have serious symptoms such as difficulty breathing, severe shortness of breath or chest pain, call 911 before going to the emergency room and tell them that you have travelled abroad.

To make the best possible decisions for your health and that of your loved ones during the COVID-19 pandemic, consult the [Self-Care Guides](#). They will tell you the best ways to protect yourself from COVID-19, take care of yourself, provide basic care to family members and friends and where and when to consult if you need care or services.

In all cases,

- Write down the date the first symptom appeared. This information will help determine when isolation will be over.
- If you have to go to a medical clinic or hospital, wear a mask or face covering and inform staff as soon as you arrive that you have travelled abroad.

If you need help with your daily tasks

If you need help with your daily tasks like eating, going to the toilet and getting around the house, ideally, your helper will always be the same person, who should be less than 70 years of age, in good health and have no chronic heart or lung or kidney disease, diabetes, major obesity (BMI > 40), weakened immune system or be in treatment for cancer.

Before any person helps you, they must:

1. Wash their hands.
2. Wear a mask or face covering over the nose and mouth.
3. Wear disposable gloves.

After helping you, they must:

1. Remove their gloves and dispose of them in a closed container out of reach of children.
2. Wash their hands.
3. Remove the mask or the face covering.
 1. Place the face covering in a closed bag and keep it out of the reach of children until it can be washed normally.
 2. Disposable masks should always be placed in a closed garbage bin.

Ask your questions

4. Wash their hands again.

Laundry and housecleaning

The sick person's sheets, towels, clothing and face coverings used to cover the nose and mouth can usually be washed with other household laundry. However, they should be washed separately if soiled with vomit, etc.

- Wash with hot water.
- Wear disposable gloves to avoid direct contact between your skin and clothes and the sick person's clothing, sheets and towels.
- Do not shake out dirty laundry before washing.

The sick person's utensils and dishes can be washed with your usual liquid detergent or in the dishwasher.

The sick person's trash can be bagged and thrown out with the other household trash. Firmly close the lid of the garbage pail or close the bag tightly.

Wash your hands frequently with soap and water:

- After contact with the sick person or objects and surfaces touched by them like a bedside table, dishes, etc.
- Before and after preparing food, before eating, after using the toilet and whenever your hands are visibly dirty
- if you have no access to soap and water, use an alcohol-based disinfectant.

Clean and disinfect the following at least once a day:

- Objects and surfaces frequently touched by the sick person, such as door handles, a bedside table, other furniture in the room and the bed frame
- The bathroom and toilet

If a surface is clean, apply the disinfectant.

If not, first wash with soap and water to remove all dirt and grime, rinse with clean water and dry with a clean cloth before applying the disinfectant.

Leave the disinfectant to act for a few minutes (follow the instructions on the label) then wipe off completely with a clean cloth.

Special cleaning instructions:

- Wear impermeable gloves at all times.

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- Wash your hands and forearms for 20 seconds before putting on the gloves and after removing them.
- Wash the gloves with detergent and water then let them dry before re-use, or replace them with a new pair as you see fit.
- Wash your hands with soap and water again for 20 seconds.

Cleaning and disinfecting products

Use soap and water or household cleaners. Use your regular disinfectant or a mix of 1 part domestic bleach to 9 parts cold water (e.g., 1 cup bleach mixed with 9 cups water).

If possible, have the sick clean and disinfect their own rooms and surfaces themselves.

Call Info-Social 811

Call Info-Social 811 (24/7 Psychosocial Hotline) if you are experiencing any of the following:

- Stress or anxiety
- Lasting emotional reactions (frequent crying, irritability, etc.)
- Feelings of panic
- Ideas that never leave you alone, never cease and frighten you
- Social repercussions of COVID-19

Psychosocial health professionals will provide support and share information and advice as needed. To help you minimize the repercussions of these kinds of reactions on your life, see the [Stress, anxiety and depression associated with the coronavirus COVID-19 disease](#).

COVID-19 and preventive home self-isolation

COVID-19 is a disease caused by the novel coronavirus. Read here about the [symptoms of COVID-19 and the modes of transmission](#).

It's important to obey home isolation recommendations to avoid infecting others.

The following recommendations must be followed unless otherwise advised by public health authorities.

If you are a health worker, you should contact your place of work for instructions on when and how to end your quarantine and return to work.

If you do not develop symptoms, you can end your preventive quarantine 14 days after your return to Canada.

Ask your questions

If you do develop symptoms, consult the [Instructions for people with COVID-19 symptoms](#). Even if you test negative you must continue your preventive quarantine for 14 days after your arrival in Canada.

If in doubt, call the [1-877-644-4545 \(tel:+1-877-644-4545\)](tel:+1-877-644-4545) hotline or refer to the [COVID-19 Self-Care Guide](#).

Travellers living with other people who have not travelled

If you are living with other people who have not travelled, you must abide by the [procedure to follow on return home from abroad](#) (PDF 288 Kb) (https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/20-210-19WA_consignes-retour-pays-etranger_anglais.pdf?1613742523).

Travel advisory

An official global advisory to travellers is in force: [Avoid non-essential trips outside of Canada](#) [☞](https://travel.gc.ca/travelling/health-safety/travel-health-notices/221) (<https://travel.gc.ca/travelling/health-safety/travel-health-notices/221>) until further notice.

Furthermore, travellers are advised to [avoid all cruise ship travel](#) [☞](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#cruise) (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#cruise>).

A risk assessment concerning COVID-19 will be done as new information becomes available.

Travellers are advised to consult Active travel health notices for COVID-19, issued by the Government of Canada available on the [Coronavirus disease \(COVID-19\): Travel advice](#) [☞](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html) (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>). It indicates the level of precautions to take depending on the travel destination. These notices also specify the recommendations issued for travellers returning to Canada.

Related

[PDF version of Instructions on returning home from abroad](#) (PDF 288 Kb) (https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/20-210-19WA_consignes-retour-pays-etranger_anglais.pdf?1613742523)

[General information about coronavirus disease \(COVID-19\)](#)

[Answers to travelers' questions \(COVID-19\)](#)

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Notice

Information on the website in no way replaces the opinion of a health professional. If you have questions concerning your health status, consult a professional.

[Ask your questions](#)



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Ask your questions