

Fact Sheet

COVID-19 Travel Precautions and Self-Isolation Requirement Details

As of February 12, 2020, Hastings Prince Edward Public Health is providing the following recommendations for COVID-19 symptom monitoring and self isolation:

Symptom monitoring is required for: individuals who have returned from mainland China OR have been in potential contact with a suspected case of COVID-19 in the past 14 days.

- Monitor for symptoms, including fever, cough, or difficulty breathing for 14 days. If mild symptoms develop, report to Hastings Prince Edward Public Health at 613-966-5500 for a risk assessment and to discuss follow up requirements.
- If severe symptoms develop, such as shortness of breath or difficulty breathing while doing very little, call 911 and advise the operator of recent travel history or potential exposure to COVID-19.

Full activity restriction and self isolation are required for 14 days for:

- All individuals returning from Hubei Province (including Wuhan).
- Individuals returning from mainland China with respiratory symptoms.
- Individuals who have been in close contact with someone under investigation for, or having a confirmed case of, COVID-19 who are showing symptoms.

Information about full activity restrictions:

- Contact HPEPH within 24 hours of returning to Canada, or as soon as symptoms develop.
- Do not attend school, work or social gatherings.
- Avoid close contact with others, including those within your home, as much as possible. (See the Ministry of Ontario's [home isolation information sheet](#)).
- Have a supply of masks available should close contact with others be unavoidable.
- Do not take public transportation. If a private vehicle is unavailable, take a taxi/shared ride services (e.g. Uber, Lyft etc.) while wearing a mask and sitting in the rear passenger seat with window open (weather permitting).
- Discuss any plans to travel to affected areas with HPEPH or your local health unit.
- Self-monitor daily for fever or any respiratory symptoms.

If mild symptoms develop, contact HPEPH immediately.

If severe symptoms develop, call 911 and advise the operator of recent travel history.

HPEPH is continuously working in our community to identify, prevent, and control the spread of infectious disease. By taking necessary infection control precautions, you can help prevent the spread of infection. For more information, visit hpePublicHealth.ca or call us at 613-966-5500.