

What's the Difference?

	Self-Quarantine	Self-Isolation	Physical Distancing
For Whom?	<p>Required under the federal Quarantine Act*</p> <ul style="list-style-type: none"> Travellers, including children, who have returned from outside of Canada since the order went into effect March 26, 2020. <p>*Violators may face fines and jail time.</p>	<p>Required under the provincial Health Protection and Promotion Act*</p> <ul style="list-style-type: none"> Travellers who returned from travel outside of Canada before March 26 persons told by a health care professional they have COVID-19 regardless of lab confirmation. Close contacts of a person who has COVID-19. <p>*Violators may be issued a Section 22 Order and fined.</p>	<p>Advised for those who:</p> <ul style="list-style-type: none"> feel well and have not been advised to self-isolate. are at higher risk of infection due to age (65+) or existing health issues. feel ill, but have been screened not probable for COVID-19.† <p>† Subject to change based on new evidence of community transmission</p>
What Happens?	<ul style="list-style-type: none"> You must return immediately to your residence and self-isolate for 14 days. If displaying symptoms of illness, you must not use Public Transit. Return immediately to your residence or federally designated quarantine facility. Follow the directives for self-isolation as specified by the Quarantine Act Order. 	<ul style="list-style-type: none"> You may not leave your property/apartment or have contact with other people outside your home for the advised duration. No visitors. Isolate and/or physically distance yourself from others in your home as much as possible. If you must leave your home to access medical care, inform emergency response (911) or the hospital (if not using an ambulance) before leaving your home and wear a mask. 	<ul style="list-style-type: none"> If ill, you are strongly advised to remain in your home, isolated from others, until 24 hours after symptoms have resolved.† If well, you are strongly advised to remain in your home/on your property. Only leave home for essentials like groceries and medicine (unless an essential worker). If leaving home, practise physical distancing and infection control practises. Clean home often and commonly touched surfaces daily with household cleansers. Self-monitor for symptoms of COVID-19. If feeling unwell, conduct a self-screening and/or contact HPEPH at 613-966-5500.
For How Long?	<ul style="list-style-type: none"> As specified by the Quarantine Act Order. 	<ul style="list-style-type: none"> No symptoms: 14 days. With symptoms: 14 days, and if still unwell, until 24 hours after symptoms resolve and approval obtained from HPEPH. 	<ul style="list-style-type: none"> Until advised otherwise by government and health authorities.