

COVID-19 FIELD MANUAL

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Introduction

The current influenza pandemic (known as COVID-19) is spreading throughout the globe and has changed the way we live today. These are trying times for everyone affected, and we understand there are many questions about the future of our operations. The following document outlines Nomodic's COVID-19 Response Plan and provides the necessary framework to safely and effectively continue our operations.

Simply, our goal is to keep our customers, stakeholders, employees and their families out of harm's way while we continue to execute projects during these unprecedented times. By following the guidelines in this document and through consultation with appropriate authorities, we can ensure that appropriate measures are in place so that our worksites remain safe and secure.

Message from our CEO

"At Nomodic, our Core Values aren't just a poster on the wall; they are our belief system which we live and breathe every day. We believe in safety above all else and are consciously committed to improving the safety and health of our employees, customers, suppliers and our partners. During these challenging times, Nomodic remains committed to clear communication and vigilance for all of our valued stakeholders."

Purpose

The purpose of this Response Plan is to document, address, and ultimately address the following topics:

- The responsibilities, obligations, and duties of Nomodic and our employees
- Current legislation and mandated requirements from health authorities
- Ongoing operations and how we can continue to operate safely and effectively

This Response Plan applies to all Nomodic employees, guests, and customers attending our job site locations.

Definitions

Pandemic: An outbreak of a disease that occurs over a wide geographic area and affects an exceptionally high proportion of the population.

Self-Isolation: The practice of staying home (for 14 days) and avoiding contact with others. This is necessary if you have been travelling and showing signs/symptoms of COVID-19.

You must isolate if **any** of the following apply:

- you've been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- you have symptoms of COVID-19, even if mild
- you've been in contact with someone who has or is suspected to have COVID-19
- you've been told by public health that you may have been exposed to COVID-19
- you've returned from travel outside Canada with symptoms of COVID-19 (mandatory)

Quarantine: The practice of staying home (for 14 days) and avoiding contact with others. This is necessary if you have been travelling and not showing signs/symptoms of COVID-19.

If you have **no symptoms** and any of the following apply to you, you must quarantine for 14 days (starting from the date you arrive in Canada):

- you're returning from travel **outside of Canada** (mandatory quarantine)
- you're travelling to a [province or territory](#) that's enforcing **14-day quarantine** for all inter-provincial travelers
- you had close contact with someone who has or is suspected to have COVID-19
- you've been told by the public health authority that you may have been exposed to COVID-19 and need to quarantine

Social Distancing: The practice of maintaining a greater than usual physical distance from other people and avoiding direct contact with people or objects in public places during the outbreak of a contagious disease in order to minimize exposure and reduce the transmission of infection.

Reference Materials

Please refer below for current and relevant information from International, and National, sources (that Nomodic operates in):

Center for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
World Health Organization: <https://www.who.int/health-topics/coronavirus>
Health Canada: <https://www.canada.ca/en/health-canada.html>

Employer Responsibilities

It is the general duty of all employers to take all reasonable precautions to prevent harm to employees in the workplace. Nomodic's senior management is dedicated to the following:

- Provide a detailed plan to deal with this pandemic and specific protocols
- Provide personal protective equipment for workers and the necessary training to use and dispose of that equipment
- Have a plan in place to adhere to government requirements, including social distancing:
 - Worksite design
 - Work share
 - Work from home
- Plan for dealing with possible contamination on the worksite
- Include the Workplace Health and Safety Committee in the development of any workplace prevention and preparation strategies

Employee Responsibilities

Employee responsibilities during the COVID-19 pandemic remain unchanged. Workers have added responsibilities including:

- Frequent hand washing (as described by WHO)
- Social distancing
- Increased site housekeeping
- Advising their supervisor if they develop any symptoms of cold or flu
- Remain in quarantine/isolation when required to do so by company policy and/or government requirements
- Communicate with supervisor/Human Resources during quarantine
- Workers are reminded that they have the right to know, the right to participate, and the right to refuse unsafe work.

Continuing Operations

To determine the risk exposure at our various sites we will follow published guidelines and evaluate each site on a case-by-case basis. OSHA has divided job tasks into four risk exposure levels:

Very high: Doctors, nurses, dentists, paramedics, emergency medical technicians who are working with patients

High: Doctors, nurses, dentists, paramedics, emergency medical technicians who are near patients

Medium: In schools, high-population-density work environments, and some high-volume retail settings

Lower risk: Lower exposure risk (caution) jobs are those that do not require contact with people known to be, or suspected of being, infected with COVID-19 nor frequent close contact with (i.e., within 6 feet of) the general public

Changes to Operations

The health of our employees and customers remains our top priority. Our current plan is to continue working as normal as possible at our construction projects and remote sites. Nomodic has many varying work environments, with most falling into the “**lower risk**” category. Related factors affecting job sites will be determined on a case-by-case basis by our Senior Management.

Although we believe our job sites pose a lower risk of exposure, we will be following additional protocols and precautions. All employees, customers, and guests will be taking the steps below to help prevent the spread of respiratory viruses:

GATHERING/MEETINGS

All gatherings or meetings will be conducted in a manner to reduce potential exposure and maintain social distancing of approximately 6'. This includes the following measures, but not limited to:

- Conducting toolbox meetings outdoors with appropriate social distancing.
- No transfer of documentation for signatures. This means supervisors will sign Toolbox documents on behalf of all parties.
- No immediate exchange of paperwork. Collection boxes will be placed in well-ventilated areas and daily documentation placed inside the box. Documents will be retrieved 24 hours later (this requires minimum boxes per job site).
- Utilize technologies where possible to conduct meetings and exchange of information without direct human contact or gatherings.
- Stagger break times to allow more space and distance amongst co-workers.

TRAVEL

Travel generally means individuals will be in contact with others or in close proximity. As a result, travelling has proven to be a large contributor to cases around the world and restrictions have been put in place. This includes the following measures, but not limited to:

- Travel to any affected areas (countries) is prohibited.
- Anyone returning from International travel are legally required to self-isolate for 14 days
- Anyone travelling on a domestic flight with a confirmed COVID-19 case and in close contact are legally required to self-isolate for 14 days
- Employees are to defer any non-essential travel (business or personal) to other areas until further notice, particularly if it involves flying either international or domestic
 - Circumstances will vary so it is impossible to fully define ‘essential’ versus ‘non-essential’ travel on a company-wide basis.
 - As a guide, essential travel includes trips that are necessary to deliver our projects and keep our business running effectively, and which can’t be managed in any other way (e.g. via Microsoft Teams).
 - Non-essential travel includes trips that would be helpful to make but wouldn’t have any material impact on our business or our customers if they were cancelled or deferred, and trips that could be managed in another way. For example, travel to non-time critical operational training, functional meetings, and routine business trips to other Nomodic offices and business units are all considered non-essential.
 - As always, employees need get regular approvals to travel and ultimately, any decision to travel is the responsibility of each business unit/function on the basis of our company protocols and the best available information from other sources.
- Travel to/from remote sites will be evaluated on a per project basis
- All employees travelling for work, flying or driving, must carry a **“Travel Form”** explaining the reason for the travel and proving we are providing an essential service
- To maintain social distancing requirements, when travelling in a vehicle at any given time with more than one passenger, masks will be required. It is the individual’s responsibility to ensure these rules are followed.
- To maintain social distancing requirements individuals should be spaced apart a minimum of 2m (6’) at any given time. It is the individual’s responsibility to ensure these rules are followed.

HYGIENE

- Wash your hands often with soap and water for at least 20 seconds.
- Regularly use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- **If you feel unwell, stay at home; do not attend work.**
- Cover any coughs or sneezes with a tissue, and then throw the tissue in a bin.
- No sharing of communal dishes, drinking glasses, cups, containers, or eating utensils with other people and ensure these are washed thoroughly with soap and water after use.

PPE

- Don't share gloves. Writing name on gloves will define ownership.
- Don't share welding hoods, face shields, or other similar items.
- If your task requires disposable respirators/dust masks, be proactive. Due to the heavy demand, many suppliers are running low on inventory. You may need to have a backup plan for reducing dust/silica (e.g. water spray, air/vacuum, or other engineering solution).
- Clean your PPE frequently with soap and water, then disinfect with alcohol wipes if possible.

ROUTINE ENVIRONMENTAL CLEANING (GUIDANCE)

- Routinely clean all frequently touched surfaces in the workplace such as workstations, countertops, and doorknobs. Use the cleaning agents that are usually used in these areas and follow the directions on the label
- Deploy disposable wipes so that commonly used surfaces (e.g. doorknobs, keyboards, remote controls, desks) can be wiped down by employees before each use.
- Keep job site coolers clean.

ENSURE JOB SITES HAVE ADEQUATE SUPPLIES OF:

- Washing stations
- Antibacterial hand soap
- Where available, alcohol-based hand sanitizer (minimum 60% alcohol)
- Cleaning wipes
- Detergent or bleach

Controlling New Workplace Hazards

Each Nomodic worksite will be evaluated for COVID-19 Hazards and appropriate controls and Responses. Each site will present different hazards and the controls and responses to mitigate the hazards will vary based on project complexity, location and current regulations.

It is important that we continue to follow the appropriate steps in controlling our workplace hazards and follow the hierarchy of controls as it pertains to COVID-19 exposures;

- **Eliminate Hazards:** As a first line of defense, we will eliminate (and/or substitute) job scopes that can present an inherent or increased risk of transmitting COVID-19.
- **Engineering Controls:** If eliminating the task is not reasonably practical or the task is essential (service work/calls, emergencies), we will use appropriate and available engineering controls. This could include but is not limited to:
 - Installing high-efficiency HEPA filters
 - Increasing ventilation in enclosed places
 - Cordoning off work zones
 - Installing physical barriers

- **Administrative Controls:** These are likely the most important and effective control measures available to us. They require action by both the company and employees to be effective and include actions such as:
 - Ensuring employees who are sick or showing symptoms stay home
 - Minimizing physical contact/meetings among workers, customers, and stakeholders and replacing such meetings with virtual communications
 - Discontinue all non-essential travel and eliminate travel to affected areas
 - Provide employees with up-to-date information and education on COVID-19 as the situation unfolds
 - Train workers on the use of required PPE and specialty equipment to protect from COVID-19
- **PPE:** Finally, as a last line of defense we will deploy and use the appropriate PPE for the tasks in hand and level of exposure, including but not limited to:
 - Gloves
 - Face masks
 - Face shields
 - Respiratory protection

All PPE should be appropriately selected and sized accordingly for the use.

WORKING CLOSER THAN 6' (BREAKING PHYSICAL DISTANCING)

There may be instances where a task can only be completed by breaking the physical distancing rules. All attempts must be made to avoid these scenarios and/or mitigate the hazards. In alignment with OH&S standards the hierarchy of controls will be followed and the following steps will be taken (in the listed order):

- **Eliminate Hazards:** The job task will first be eliminated or delayed if this can be done safely
- **Engineering Controls:** If eliminating the task is not reasonably practical or the task is essential the following engineering controls will be put in place where practicable:
 - Installing high-efficiency HEPA filters in enclosed places
 - Increasing ventilation in enclosed places
 - Cordoning off work zones to maintain separation
 - Installing physical barriers to maintain separation of workers
- **Administrative Controls:** In addition to the items above the following administrative controls will be used:
 - Provide employees with up-to-date information and education on COVID-19
 - Train workers on the use of required PPE and specialty equipment to protect from COVID-19
- **PPE:** Any job tasks requiring workers to break the physical distancing will require the following minimum PPE:
 - Gloves
 - Face masks
 - Face shields

In all cases a formal hazard assessment must be conducted and documented prior to the work proceeding. In exceptional cases Site Supervisors and Project Leads should consult the HSE Department for guidance and assistance in preparing the mitigation plan and controls.

This is a mandatory exercise for the employer and employees to prove their due diligence. It's essential this process is properly documented and recorded on the site prior to the work commencing. Compliance issues with physical distancing are considered infractions by OH&S and can carry significant fines to both the employer and employee.

Fitness to Work

As per current National, Provincial, and Local guidelines, all employees, customers, and guests need to report signs/symptoms of COVID-19 before accessing a job site. It's the company's duty and employees' responsibilities to ensure everyone is Fit for Duty and this will be completed by filling out a **"Questionnaire"**.

In alignment with these guidelines, we strongly emphasize staying home when exhibiting any of these signs/symptoms. If in doubt, please err on the side of caution, practice self-isolation and immediately call the appropriate authorities. Provincial hotlines below:

British Columbia: Dial 811

Alberta: Dial 811

Saskatchewan: Dial 811

Manitoba: Dial 1-888-315-9257

Ontario: Dial 1-866-797-0000

Questionnaire

All Nomodic employees, customers and guests are mandated to take a **"Questionnaire"** on physical conditions and environmental conditions related to COVID 19. The questionnaire will be conducted at regular intervals, including but no less than:

- Prior to accessing a Nomodic Worksite. This means the questionnaire is completed prior to arriving at the site
- Daily prior to work commencing work activities
- If signs/symptoms of COVID-19 develop
- If any special circumstances arise (i.e. safety stand-down or natural disaster)

If a questionnaire is completed and someone is deemed at risk to themselves or others they will immediately be removed from the site and placed in quarantine as per procedure below.

Orientation

All employees are mandated to take a **"Orientation"** outlining the components of this manual and on the proper use, care and maintenance of PPE. The orientation will be conducted at the beginning of a project and as required (i.e. site change).

Isolation Protocols

Travellers and Close Contacts

- Anyone returning from travel outside Canada after March 12, 2020 or has been in close contact with someone who tested positive for COVID-19 is legally required to;
 - If you/they have symptoms, self-isolate for 14 days
 - If you/they don't have symptoms, quarantine for 14 days

Persons with Symptoms

- Anyone showing symptoms such as cough, fever, shortness of breath, runny nose or sore throat not related to an existing health condition is legally required to self-isolate for 10 days
 - Self-isolation period is for 10 days from beginning of the symptoms or until feeling better (whichever takes longer)

Persons with a Confirmed Case

- Anyone with a confirmed COVID-19 is legally required to self-isolate for 10 days
 - Self-isolation period is for 10 days from beginning of the symptoms or until feeling better (whichever takes longer)

Responding to Potential Cases Onsite

If an employee, customer or guest shows symptom associated with COVID 19 such as such as sore throat, fever, sneezing or coughing, the worker will need to immediately self-isolate for 10 days. Depending on the location and circumstances each quarantine case will be handled in a different manner.

Customers or guests requiring isolation will be asked to immediately remove themselves as per their company's policy. Depending on the situation, resources available and remoteness of the project Nomodic may assist or offer assistance.

If a worker fails the Nomodic daily questionnaire and is showing symptoms of Covid 19 Virus while in a remote area or in a lodging facility they will be quarantined to their room where possible.

Employees showing symptoms and placed in isolation onsite must contact appropriate local Health Authorities and determine next steps (e.g. testing). Employees must communicate directions provided by Health Authorities to their Supervisor. Nomodic will assist with the required response within the company's means and ability and ensure employee safety.

Employees are to Self-Isolate in their camp room or hotel. **DO NOT GO TO SITE.**

- They will notify their supervisor via phone call.

- A flash report will be sent by the superintendent to include Tian Alsgard, Rose Lloyd, Kelsey Schimpf and the Project Lead assigned to the project.
- The Worker is to complete the self-assessment tool while in room to obtain direction. Results of self-assessment are to be communicated to superintendent.
 - BC <https://bc.thrive.health/covid19/en>
 - AB <https://myhealth.alberta.ca/journey/covid-19/Pages/Assessment.aspx>
 - SK <https://public.ehealthsask.ca/sites/COVID-19/>
 - ON <https://covid-19.ontario.ca/self-assessment/severe-symptoms>
- The Project lead will call the provincial health link number and receive guidance from the local authority.
 - If an employee is able to isolate at home, a plan to transport the employee home rather than isolate on location will be discussed on a case-by-case basis. The employee will either transport themselves or a Supervisor/Project lead will drive them and follow close proximity protocols
 - If an employee is unable to be transported home and a client facility is available for isolation, they will isolate in the facility provided. If staying in a camp, the camp manager will be notified of the issue.
 - If an employee is unable to isolate at home or in a client's facility, Nomodic will provide a hotel and ensure the employee's well-being is maintained. In general it is understood that workers will not be allowed to leave their rooms and essentials such as food and drink will be brought to them by one designated person
 - A check in procedure will need to be developed specific to each case. For workers showing symptoms: a 2-hour check in protocol will be put into effect. This can be as simple as a text message, email or phone call. This will be conducted either between the site superintendent or Sarah Power if their supervisor is not in cell phone reception. Workers isolating at home will not be subject to this check in.
 - If the worker is close to home, safe to travel and does not have family at home they could infect, isolating at home is the best option.
- If social distancing efforts were not followed with any other workers, they will be instructed to Quarantine until a negative test result is confirmed.
- Once it is safe to do so, the person showing symptoms must take a Covid 19 test if advised through self-assessment or by recommendation of Provincial Health Services
- Workers with symptoms are to isolate until they receive a negative test and show NO SYMPTOMS. This is extremely important. Just because you have a negative Covid test does not mean you are not sick. If you come back to work and others show symptoms they will need to isolate as well.
- Any workers who were required to quarantine due to close contact with a person in isolation can return to work once a negative test has been confirmed from the worker they came in contact with.
- **Workers must contact Nomodic Senior representative (Tian/Brandon) before returning to a worksite.**

Some sites/clients especially camps will have their own protocol we need to ensure that we review their Covid protocols and understand them at the start of the projects. If their standards are less than ours, we will follow our procedure. If theirs is more stringent than ours and they are the prime contractor we will have to follow their procedures.

Responding to Confirmed Cases Onsite

If an employee, customer or guest is onsite or previously in isolation and tests positive for COVID-19, they will be immediately isolated. Immediate actions will be taken by the site or location Supervisor to contact appropriate local Health Authorities.

Next steps will be taken based on direction for the Health Authorities and treated on a case-by-case basis. Nomodic will assist with the required response within the company's means and ability and ensure employee safety.

Based on data provided by infectious disease experts the COVID-19 virus may survive on surfaces for up to 72 hours. If a case of COVID-19 is confirmed on a Nomodic site it will be temporarily shut down for 72 hours unless special circumstances exist (critical operation). Steps will also be taken on a case-by-case basis to thoroughly clean and disinfect any areas of the site compromised by a confirmed case.

Current Travel Regulations (updated April 15, 2021)

Government of Canada

Official Global Travel Advisories

- [Avoid non-essential travel](#) outside Canada until further notice
- [Avoid all cruise ship travel](#) outside Canada until further notice

GETTING TESTED TO ENTER CANADA

Pre-entry test requirements

All travellers **5 years of age or older**, regardless of citizenship, must provide proof of a negative COVID-19 test result. You don't require a test to fly within Canada.

There are [no exceptions for vaccinated travellers](#), at this time.

You must:

- take the test within 72 hours of the scheduled departure time of your flight to Canada
 - if you have a connecting flight:
 - the test must be conducted within 72 hours of the scheduled departure time of your last direct flight to Canada
 - you may need to schedule the test in your transit city
- provide one of the accepted types of tests, **not an antigen test**
- keep proof of your test results for the 14-day period that begins on the day you enter Canada

Airlines will refuse boarding to travellers who are unable to provide a valid molecular test result.

If you've recovered from and continue to test positive for COVID-19

Persons who have recovered from COVID-19 can continue to test positive long after they have recovered and are no longer infectious.

Travellers who have previously tested positive for COVID-19 **must provide proof** of a **positive** COVID-19 molecular test conducted between 14 and 90 days prior to your scheduled flight.

Accepted types of tests

These tests are considered acceptable molecular tests:

- PCR - Polymerase chain reaction
- RT-PCR – reverse transcription real time PCR
- Quantitative PCR (qPCR)
- Nucleic acid test (NAT) or Nucleic acid amplification test (NAATs)
- Reverse transcription loop-mediated isothermal amplification (RT-LAMP)
- Isothermal amplification
- Droplet digital PCR or digital droplet PCR (ddPCR)
- RNA (Ribonucleic acid)
- Ct (cycle threshold)
- CRISPR
- Sequencing
- Next generational sequencing (NGS) or whole genome sequencing (WGS)
- Oxford Nanopore sequencing (LamPORE)
- Detection of the N gene
- Detection of Orf1a/b
- Detection of the S gene
- Detection of the E gene
- Detection of the RdRp gene
- These tests use methods such as a nasopharyngeal (NP) swab, nose swab, or saliva sample. At this time, proof of having a vaccine will not replace a negative test result.

At this time, proof of **vaccination does not replace a valid test result**.

There are only a limited number of exceptions where an individual is not required to do post-border testing:

- **Resolved COVID-19 infection** - persons who have molecular test proof to show they had a positive COVID-19 test taken between 14-90 days before travel
- **Children** - children who are four years of age or younger (children who are five on the day of their travel must have proof of a negative COVID-19 test)
- **Transit through Canada** - transiting passengers who are only flying through Canada to reach another country

Medical and health care

- **Medical treatments** - persons who must leave and return to Canada to receive essential medical services in another country. One person may accompany them. They must have:

- written evidence from a licensed health care practitioner in Canada indicating services or treatments outside Canada are essential; and
- written evidence from a licensed health care practitioner in the foreign country indicating services or treatments were provided in that country
- **Medical evacuation** - Persons who boarded a medical evacuation flight for medical purposes if the urgency of the medical situation does not permit a COVID-19 molecular test to be administered to the person before boarding the aircraft for the flight to Canada

Essential work considered exempt under the Emergency Orders

- Essential service provider as determined by the Chief Public Health Officer
- **Emergency services** – persons who are:
 - firefighters, peace officers, and paramedics, who return from providing such services in another country and are required to provide their services within 14 days of their return to Canada
 - permitted to work in Canada under paragraph 186(t) of the Immigration and Refugee Protection Regulations who enter for the purpose of providing those services
- **Government Officials** – employees of the Government of Canada or a foreign government, including border services officers, immigration enforcement officers, law enforcement and correctional officers, who are escorting individuals travelling to Canada or from Canada pursuant to a legal process such as deportation, extradition or international transfer of offenders.
- **Law enforcement officer, border enforcement officer, or immigration enforcement officer** - Officials of the Government of Canada, a provincial or a foreign government, including law enforcement, border enforcement, and immigration enforcement officers, who enter Canada for the purposes of law, border or immigration enforcement, or national security activities that support active investigations, ensure continuity of enforcement operations or activities, or transfer information or evidence pursuant to, or in support, of a legal process, and who are required to provide their services within 14 days of entry and have reasonable rationales for the immediacy of the work and the inability to plan for a 14 day quarantine;
- **Crew members** - a person who:
 - is a crew member as defined in subsection 101.01(1) of the Canadian Aviation Regulations or a person who enters Canada only to become such a crew member
 - is a member of a crew as defined in subsection 3(1) of the Immigration and Refugee Protection Regulations who is re-entering Canada
 - is re-entering Canada after having left to undertake mandatory training relating to the operation of a vehicle
- **Canadian Armed Forces** - A member of the **Canadian Armed Forces** who enters Canada for the purpose of performing their duties
- **Visiting forces** - Visiting force air crew entering Canada for the purpose of performing mission-essential duties as a member of that force

Other special circumstances

- **National interest** - A person or member of a group whose presence in Canada, as determined by the Minister of Health, is in the national interest.

- **Person denied entry to another country** - Canadian citizens, permanent residents of Canada and persons registered as an Indian under the *Indian Act*, who were denied entry to a country or territory and who must subsequently board a flight destined to Canada (direct back).
- **Refugee Protection** - Persons who enters Canada from the United States for the purpose of making a claim for refugee protection
- **Extraordinary and unforeseen circumstances** –
 - Exigent hardship consular cases for Canadian citizens, permanent residents, or persons with status under the *Indian Act*, as determined by the Minister of Foreign Affairs
 - Disaster response support as determined by the Minister of Transport or Minister of Public

PROVIDING PROOF OF YOUR RESULT

You must present an accepted test result (paper or electronic proof) which must include:

- Traveller name and date of birth
- Name and civic address of the laboratory/clinic/facility that administered the test
- The date on which the test was conducted
- The type of test conducted
- The test result

You **must** show proof of your test results even if you:

- have tested negative for COVID-19 previous to the 72 hour period
- have been vaccinated for COVID-19
- recovered from COVID-19 and no longer test positive
- recovered from COVID-19 and continue to test positive

At this time, travellers should have their test performed at a reputable laboratory or testing facility (i.e., one recognized by the local government or accredited by a third party, such as a professional organization or international standards organization).

The Government of Canada will notify travellers should it become mandatory to obtain COVID-19 molecular tests from specific accredited laboratories or facilities.

[More information on measures in place to enter Canada](#) – Government of Canada

Arrival testing at the airport

You must take a test before leaving the airport. At that time, you will get a COVID-19 At Home Specimen Collection Kit to use for your test on Day-10 of your mandatory quarantine.

Following the arrival test, you will need to **go directly to your [reserved hotel](#)** to await test results.

Complete your Day-10 test kit

On Day-10 of your mandatory quarantine, follow the instructions in your home collection kit to complete your test.

Do not open your swab or tube until you are instructed to do so by a telehealth healthcare provider. This can cause contamination, or result in a delay in receiving your test result.

Switch Health has been hired by the Public Health Agency of Canada to manage all Day-10 COVID-19 test kits for air travellers ([with the exception of Alberta](#)).

You must create an account with them to perform your test and access your results. Use the same email address you used for ArriveCAN.

If you usually use Internet Explorer as your web browser, use a different browser, or contact Switch Health at 1-647-977-1030 or 1-888-966-6531.

You must have internet access to:

- login or create your Switch Health account
- follow the 'Home Test' steps to schedule the courier pickup of your sample for delivery to the laboratory
- wait to connect to a Switch Health nurse **before you open the test tube**

[Watch a video on how to use your home test kit](#)

[Log in or create a Switch Health account to use your home test kit](#)

If you don't have a Day-10 test kit

If you didn't receive a kit, or you lost or damaged your kit, please contact Switch Health to be couriered a kit immediately.

Phone: 1-888-966-6531 or 1-647-977-1030 or email homekits@switchhealth.ca.

DAY-10 TEST RESULTS

Negative results for your Day-10 test

- You can only leave your place of quarantine if you receive a negative result from your Day-10 test AND once you have completed your mandatory quarantine. The 14-day quarantine period includes the days you spent at your government-authorized hotel.

Positive results on your Day-10 test

- You must isolate yourself from others immediately for a period of 14 days that begins from the time you took the test with positive results (i.e. date/time of specimen collection). A government representative will call you to provide you with additional instructions.

Invalid or inconclusive test results on your Day-10 test

- If you receive an inconclusive result on your Day-10 test, you must complete another test.
- Switch Health should automatically courier another test kit to you. Contact them by email at results@switchhealth.ca or by calling 1-888-996-6531 or 1-647-977-1030 right away to ensure a kit has been sent.
- You must stay in quarantine until you receive a negative result from your repeat test and you have completed your mandatory 14 day quarantine.

If you don't receive the results from your Day-10 test

- If you have not received your Day-10 test result, contact Switch Health directly by email at results@switchhealth.ca or by calling 1-888-996-6531 or 1-647-977-1030.
- You can only leave your place of quarantine if you receive a negative result from your Day-10 test and you have completed your full 14-day quarantine

Day-10 tests must be completed with Switch Health

- Your Day-10 test must be completed using the Switch Health kit provided (see below if you arrived at the Calgary airport). You must stay in quarantine until you have received a negative test result using the kit provided AND your 14-day quarantine period is complete.

If you arrived at the Calgary airport

- You will either get tested at a participating pharmacy, or use a kit, depending on the address of your Day-10 place of quarantine.

If you were advised to go to a designated pharmacy for your Day-10 test

- You're allowed to leave your place of quarantine to get this test. You must go directly to the pharmacy, without making any stops along the way, using private transportation or a taxi to and from the pharmacy. You must immediately return to your place of quarantine after completing your test.
- If you have questions about getting tested at the pharmacy, please contact Alberta Health Services at borderpilot@gov.ab.ca.

FLYING TO CANADA CHECKLIST

In addition to testing, you must meet quarantine and reporting requirements when coming to Canada.

Flying to Canada requirements checklist**Alternative:** [Driving to Canada checklist](#)

During the COVID-19 pandemic, we strongly advise Canadians to cancel or postpone non-essential travel plans outside of Canada. Now is not the time to travel.

People who travel by air, regardless of citizenship, will need to follow testing and quarantine requirements to keep Canadians safe, particularly given the new COVID-19 variants in Canada and around the world.

International travellers flying through Canada may not need to follow this checklist. See [transit to another country by air](#).

- [Before you travel](#)
- [Boarding your flight](#)
- [Arriving in Canada](#)
- [Completing your hotel stopover](#)
- [Completing your full quarantine](#)
- [Testing and quarantine exemptions](#)

Before you travel

The COVID-19 pandemic restricts travel to Canada and within Canada. It is essential to understand and comply with the requirements.

[Find out if you can enter Canada](#)

To enter Canada by air, work your way through every step to understand how to plan and prepare. Each step has specific requirements and exemptions that will follow through to later stages of your travel.

Use the same email address for all of your entry requirements, where applicable (i.e., when registering for COVID-19 testing upon arrival and booking a government-approved hotel).

- [Assess your quarantine plan before you travel](#)
- [Get your pre-entry COVID-19 test](#)
- [Reserve your 3 night hotel stopover](#)
- [Register in advance for your arrival test](#)
- [Use ArriveCAN to submit your travel and quarantine plans](#)

Boarding your flight

- Have your ArriveCAN receipt and pre-entry test results ready to provide to the airline
- [Check the requirements for boarding a flight to Canada](#)

Arriving in Canada

- Have your ArriveCAN receipt, test results, hotel confirmation and quarantine plans ready for assessment by a Border Services Officer
- [Take a test on arrival](#)
- Go directly to your pre-booked hotel for up to 3 nights to await results from your arrival test

Completing your hotel stopover

The timing of your departure from the hotel to the place you will complete the rest of your quarantine period depends on the results of your arrival test.

- [Who has to do a hotel stopover and list of hotels](#)
- [Await test results at the hotel](#)

Completing your full quarantine

On day 10 of your quarantine, you will take another test, following the instructions provided to you. You must stay in your place of quarantine while you await the results from this test.

- [How to travel to your place of quarantine](#)
- [How to quarantine after the hotel](#)
- [Use your Day-10 test and await results](#)

Testing and quarantine exemptions

There are [no exceptions for vaccinated travellers](#), at this time.

If you think you may be exempt from mandatory requirements, check the details for:

- [Who is exempt from quarantine](#)
- [Who is exempt from pre-entry testing](#)
- [Who is exempt from arrival testing](#)
- [Who is exempt from the hotel stop over](#)

DRIVING TO CANADA REQUIREMENTS CHECKLIST

Alternative: [Flying to Canada checklist](#)

During the COVID-19 pandemic, we strongly advise Canadians to cancel or postpone non-essential travel plans outside of Canada. Now is not the time to travel.

People who travel, regardless of citizenship, will need to follow testing and quarantine requirements to keep Canadians safe, particularly given the new COVID-19 variants in Canada and around the world.

- [Before you travel to Canada by land](#)

- [Arriving in Canada at a land border crossing](#)
- [Completing your mandatory quarantine](#)
- [Testing and quarantine exemptions](#)
- [Driving through Canada to or from Alaska](#)

Before you travel to Canada by land

The COVID-19 pandemic restricts travel to Canada and within Canada. It is essential to understand and comply with the requirements.

[Find out if you can enter Canada](#)

To enter Canada through a land border crossing, work your way through every step to understand how to plan and prepare. Each step has specific requirements and exemptions that will follow through to later stages of your travel.

Use the **same email address** for ArriveCAN and all of your entry requirements.

- [Assess your quarantine plan before you travel](#)
- [Get your pre-entry COVID-19 test](#)
- [Set up your account for arrival testing](#)
- [Use ArriveCAN to submit your travel and quarantine plans](#)

Arriving in Canada at a land border crossing

- [Have your ArriveCAN receipt, test results, and quarantine plans ready for assessment by a Border Services Officer](#)
- Receive your arrival and Day-10 test kits
- [Complete your arrival test at the border if testing stations are available on site](#)
- [Follow the instructions for driving to your place of quarantine](#)

Completing your mandatory quarantine

- [How to quarantine](#)
- [Use ArriveCAN to check in and report daily](#)
- [Use your Day-10 test kit and await results](#)

Testing and quarantine exemptions

There are **no exceptions for vaccinated travellers**, at this time.

If you think you may be exempt from mandatory requirements, check the details for:

- [Who is exempt from quarantine](#)
- [Who is exempt from pre-entry testing](#)
- [Who is exempt from arrival testing](#)

Driving through Canada to or from Alaska

Alaska travellers must meet the pre-entry and arrival requirements on this checklist, and meet strict entry conditions.

- [Driving through Canada between Alaska and the rest of the United States](#)

COMPLIANCE AND ENFORCEMENT

Violating any instructions provided to you when you entered Canada or failing to provide accurate information is an offence under the *Quarantine Act* and could lead to up to:

- 6 months in prison **and/or**
- \$750,000 in fines

If you choose to break your mandatory quarantine or isolation, resulting in the death or serious bodily harm to another person, you could face:

- a fine of up to \$1,000,000 **or**
- imprisonment of up to 3 years **or**
- both

The *Contraventions Act* gives police (including the RCMP, provincial and local police) more power to enforce the *Quarantine Act*. They can issue tickets to people who don't comply with the act or the emergency orders. Fines range from \$275 to \$1,000.

PROTECT YOURSELF AND OTHERS

If you must travel or are already outside Canada, get the latest [advice and information for your safety and security](#).

During your trip:

- wear a non-medical mask or face covering when physical distancing can't be maintained
- cough and sneeze into a tissue or the bend of your arm
- be aware of the local situation and follow local public health advice
- take [precautions against respiratory illnesses](#), which includes:
 - avoiding contact with sick people
 - avoiding [large crowds](#) or crowded areas
- [wash your hands](#) often with soap under warm running water for at least 20 seconds
 - if none is available, use hand sanitizer containing at least 60% alcohol

If you feel sick during your flight or upon arrival:

- seek medical attention
- look for messaging on airport screens to guide you
- inform the flight attendant or a border services officer

When travelling outside Canada, expect increased health screening measures at points of entry for international destinations, including airports and land borders. Local authorities may impose control measures suddenly, including movement restrictions such as quarantines.

LEAVING CANADA WHILE IN MANDATORY QUARANTINE OR ISOLATION

No one should travel when sick. Commercial airline restrictions may also prevent you from boarding your plane if you're sick.

If you arrive in Canada and have started your 14-day mandatory quarantine or isolation period but then have to leave the country before this period ends, you must:

- continue to quarantine or isolate until you depart Canada

- wear a non-medical mask or face covering while around others
- get permission and follow the instructions laid out by a quarantine officer (for people in isolation only)

AVOID ALL TRAVEL ON CRUISE SHIPS OUTSIDE CANADA

Canada is **advising Canadian citizens and permanent residents to avoid all travel on cruise ships outside Canada** until further notice.

Cruise passengers include travellers from around the world who may be arriving from areas with known or unknown spread of COVID-19. The virus can spread quickly on board cruises due to the close contact between passengers. Older people and people with a weakened immune system or underlying medical conditions are at a higher risk of developing severe disease.

Cruise ship outbreaks of COVID-19 indicate that a large number of individuals onboard can become infected.

As the COVID-19 situation evolves, many countries outside of Canada have put policies and restrictions in place to contain the global outbreak. These restrictions may impact a cruise traveller's:

- itinerary
- ability to disembark
- access to health care

If an outbreak of COVID-19 occurs on your cruise ship while you are outside of Canada:

- you could be subject to quarantine procedures onboard ship or in a foreign country
- the range of consular services available to those on cruise ships may be significantly restricted by local authorities, especially in situations of quarantine
- you must quarantine for 14 days upon your return to Canada

The Government of Canada isn't planning additional repatriation flights to bring Canadians home during the COVID-19 pandemic. If an outbreak of COVID-19 occurs on your cruise ship while you're outside of Canada, our ability to help may be limited. Your options to return to Canada may also be limited due to decreased availability of flights.

For information on domestic cruises and passenger vessels, refer to the following:

- [COVID-19 measures, updates, and guidance for marine transportation issued by Transport Canada](#)

NON-MEDICAL MASKS OR FACE COVERINGS WHILE TRAVELLING

All air travellers, with some exceptions, are required to wear a [non-medical mask or face covering](#) while travelling.

The following people should **not** wear a mask:

- children under 2 years old
- people who need help to remove a mask
- people who provide a medical certificate certifying that they're unable to wear a face mask for a medical reason

You may also be required to wear a non-medical mask or face covering on other modes of transportation that are federally regulated. Before you travel, check to see how [transportation measures](#) affect your plans and what you need to pack.

Provincial Resources

| Provinces and Territories | Telephone number | Website |
|--|-----------------------|--|
| <u>British Columbia</u> | 811 | www.bccdc.ca/covid19 |
| <u>Alberta</u> | 811 | www.myhealth.alberta.ca |
| <u>Saskatchewan</u> | 811 | www.saskhealthauthority.ca |
| <u>Manitoba</u> | 1-888-315-9257 | www.manitoba.ca/covid19 |
| <u>Ontario</u> | 1-866-797-0000 | www.ontario.ca/coronavirus |
| <u>Quebec</u> | 1-877-644-4545 | www.quebec.ca/en/coronavirus |
| <u>New Brunswick</u> | 811 | www.gnb.ca/publichealth |
| <u>Nova Scotia</u> | 811 | www.nshealth.ca/public-health |
| <u>Prince Edward Island</u> | 811 | www.princeedwardisland.ca/covid19 |
| <u>Newfoundland and Labrador</u> | 811 or 1-888-709-2929 | www.gov.nl.ca/covid-19 |
| <u>Nunavut</u> | 1-867-975-5772 | www.gov.nu.ca/health |
| <u>Northwest Territories</u> | 811 | www.hss.gov.nt.ca |
| <u>Yukon</u> | 811 | www.yukon.ca/covid-19 |

Forms

The following internal forms will be distributed as needed:

Questionnaire

Isolated Worker

Travel Form

Orientation Form