



# Guidance for Essential Workers and Health Care Providers returning from travel.

*As of March 25, 2020, it is mandatory that everyone arriving in British Columbia from outside of Canada self-isolate and monitor for symptoms for 14 days upon their arrival.*

[www.canada.ca/en/public-health/news/2020/03/new-order-makes-self-isolation-mandatory-for-individuals-entering-canada.html](http://www.canada.ca/en/public-health/news/2020/03/new-order-makes-self-isolation-mandatory-for-individuals-entering-canada.html)

All individuals permitted to enter Canada are subject to this Order, with the exception of certain persons who cross the border regularly to ensure the continued flow of goods and services, and those who provide essential services. Individuals exempt from the Order will still need to practice physical distancing of 2 metres and self monitoring and contact their local public health authority if they feel sick.

You can find the list of essential workers posted here: [www.gov.bc.ca/phoguidance](http://www.gov.bc.ca/phoguidance).

For physicians, health care providers, or other ESSENTIAL workers who travel outside of Canada, they may return to work but should take additional precautions to reduce the risk they could pose to patients, clients, colleagues, and the public for 14 days. For those essential workers travelling with family members, the rest of the family must self isolate for 14 days.

## Precautions for essential workers include:

- Self-monitor daily for signs and symptoms of illness.
- Follow your workplace protocols and occupational health (OH) protocols including diligent hand hygiene and the use of personal protective equipment (PPE) where appropriate, for injection control and protection.
- Reduce close contact with others in your workplace and avoiding shared spaces where possible.
- Avoid close contact with others when travelling to and from work and between shifts.
- Self-isolate at home on days when not required at your workplace.
- Ensure family members that you may have travelled with self isolate for 14 days.
- Self-isolate immediately if symptomatic and call 8-1-1.

## Learn more:

- If you're feeling unwell, use the BC COVID-19 Self-Assessment Tool to help determine if you need further assessment or testing for COVID-19:
  - » Visit: [covid19.thrive.health](https://covid19.thrive.health)
  - » If you cannot use the online tool, call 8-1-1 (toll free) or 7-1-1 (deaf and hard of hearing), 24 hours a day/seven days a week.
  - » You can complete this assessment for yourself, or for someone else, if they are unable to.

- For the latest medical updates, including case counts, prevention, risks and testing:
  - » Visit: [www.bccdc.ca](http://www.bccdc.ca)
  - » Follow @CDCofBC on Twitter.
- For non-health related information, including financial, child care and education supports, travel, transportation and essential service information:
  - » Visit: [www.gov.bc.ca/Covid-19](http://www.gov.bc.ca/Covid-19)
  - » Call 1 888 COVID19 (268-4319) between 7:30 a.m. and 8 p.m., seven days a week (available in over 110 languages).



Stay Informed Via These Resources:  
[www.gov.bc.ca/Covid-19](http://www.gov.bc.ca/Covid-19) | [www.bccdc.ca](http://www.bccdc.ca) | 1-888-COVID19  
Symptom Self-Assessment:  
[covid19.thrive.health](https://covid19.thrive.health)

