



# Returning Travellers

## Welcome back to British Columbia.

*We are here to help you get home safely. New provincial laws require everyone returning to British Columbia to complete a self-isolation plan to protect you, your family and community from COVID-19.*

*Preparing a self-isolation plan means you will have the help you need to get home, while keeping our communities safe. We're all in this together, and we need you to immediately join our efforts to stop the spread of COVID-19.*

*You must register your self-isolation plan before returning to the country here:*  
**[www.gov.bc.ca/returningtravellers](http://www.gov.bc.ca/returningtravellers)**

### What does this mean?

- You must be able to show how you can safely obey the law by self-isolating. That means staying home and avoiding situations where you could come in contact with others for 14 days.

### What if I need help, or don't have a place to go?

- If you need help putting a plan together, a network of community volunteers is here to help you get groceries, fill prescriptions or run other errands to help you safely self-isolate at home.
- If you don't have a plan, or need somewhere to go to self-isolate, we will make sure you have a place to stay for 14 days.

### What happens if I don't?

- Everyone's self-isolation plan will be registered online, checked by public health officials and followed up on. Remember, this is the law. You could face serious fines for not complying, not to mention putting yourself and the people around you, including your loved ones, at risk.

### Tips to self-isolate safely if you've just returned home:

#### DO:

- ✔ Ask a friend, family member or neighbour to drop off groceries or pick up the things you need.
- ✔ Stay in your room as much as possible and always stay two metres (6 feet) away from others.
- ✔ Use a separate bathroom if you can.
- ✔ Practice good hygiene, washing your hands regularly and frequently.

- ✓ Only go outside for fresh air if you can stay in a private place, like your yard or balcony.
- ✓ Ask for help when you need it.
- ✓ Use online tools to connect with others virtually if you can.
- ✓ Stick to your self-isolation plan.
- ✓ Carefully monitor your health.
- ✓ Follow the Do's and Don'ts of self-isolation:  
[www.bccdc.ca/Health-Info-Site/Documents/Self-isolation\\_dos\\_donts.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_dos_donts.pdf)

#### DON'T:

- ✗ Take transportation home where you can't maintain more than 2 metres away from other passengers.
- ✗ Make any stops on your way home.
- ✗ Get groceries or pickup prescriptions. If someone is dropping them off for you, they can leave them at your door.
- ✗ Share dishes, glasses or cutlery with anyone.
- ✗ Invite visitors over.
- ✗ Isolate in a place where you will have contact with elderly people or those with underlying illness.
- ✗ Go to school, work or other public areas.
- ✗ Leave your place of isolation, unless it's to seek urgent medical attention.

## 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)

