

STOP



Do not enter if you should be in self-isolation.

Who must self-isolate:

- **All travellers who entered Canada within the last 14 days (including from the U.S.) unless you are fully vaccinated and have no COVID-19 symptoms.**

and

- **Anyone who has been told to do so by a health care provider**

Self-isolation means that you **MUST NOT** leave your home or see other people unless it is for urgent reasons (for example, to seek urgent health care). Ask for help from friends, family, or neighbours to do errands.

Stop the spread of COVID-19. Do your part.

Learn more at [**phsd.ca/COVID-19**](https://phsd.ca/COVID-19).

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