

GUIDE FOR 14 DAYS QUARANTINE

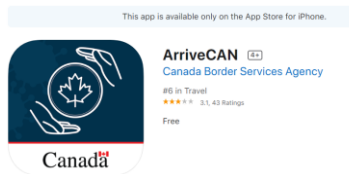
Self-Isolation on Return to B.C.

Last Updated: **April 24, 2020**

- Unless you [are exempt](#), all international travellers returning to B.C. are required by law to self-isolate for 14 days and complete a self-isolation plan
- Travellers must [submit a B.C. self-isolation plan](#) and [complete the federal ArriveCAN application](#) for approval prior to their return to B.C., or upon arrival

BEFORE YOUR DEPARTURE:

- Get your ArriveCAN APP download on your cell-phone or PC

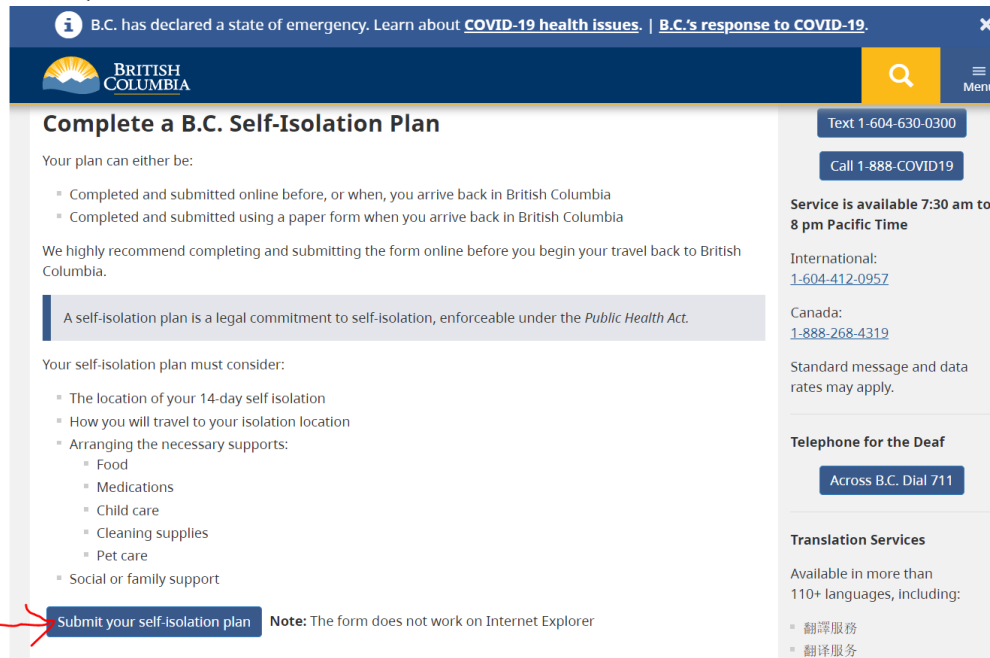


iPhone/APP store <https://apps.apple.com/ca/app/canarrive/id1505394667>

Android devices: https://play.google.com/store/apps/details?id=ca.gc.cbsa.coronavirus&hl=en_US

- **Please read information available from :**
<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/self-isolation-on-return>
- Complete **your B.C. Self-Isolation Plan** **before** your departure.
<https://travelscreening.gov.bc.ca/>

GUIDE FOR 14 DAYS QUARANTINE



The screenshot shows the 'Complete a B.C. Self-Isolation Plan' page. It includes a navigation bar with the British Columbia logo and a search icon. The main content area lists requirements for the self-isolation plan, such as completing it online or on paper, and providing details like location, travel, and necessary supports. A 'Submit your self-isolation plan' button is highlighted with a red arrow. A sidebar on the right contains contact information, including phone numbers for international and Canadian users, and a 'Submit your self-isolation plan' button.

Note: In the first section of **your B.C. Self-Isolation Plan**, you must provide your address you will be staying for next 14 days in Canada.

Primary Contact Information

* First name (primary contact)	* Last name (primary contact)
<input type="text"/>	<input type="text"/>
* Date of birth (yyyy/mm/dd)	* Phone number
<input type="text"/>	<input type="text"/>
Email (optional)	* Home address
<input type="text"/>	<input type="text"/>
* City	* Province / Territory
<input type="text"/>	Please Select <input type="text"/>
Postal Code (optional)	
<input type="text"/>	

We think it is a good idea for you to fill out the attached PDF “**Support for Travellers Self-Isolation Plan**” and carry it with you in case the CBSA officer at the airport request your plan. In this scenario, you will make yourself well prepared for your arrival in Canada.



support_for_traveller
s_print.pdf