



COVID-19: How To Quarantine

Submit your quarantine plan

If coming to Canada as a final destination, all travellers must use ArriveCAN to submit their quarantine plan.

[Use ArriveCAN to submit your travel and quarantine plans](#)

You will be asked questions about your plans for quarantine upon arrival.

How to report after you have entered Canada

The day after you arrive in Canada, all travellers, whether you travel by air, land or marine, must use ArriveCAN to:

- confirm that you have arrived at a government-authorized hotel or the address you provided for your quarantine or isolation location
- complete daily COVID-19 symptom self-assessments until the completion of your quarantine period or until you report symptoms

[Report via ArriveCAN or phone](#)

When your quarantine starts and ends

Your quarantine period begins **on the day that you arrive in Canada**.

For example, if you arrive at 8:15 a.m. on Monday, August 9, then Monday is considered day 1 of your quarantine period. Your quarantine period would end 14 full days later, at 11:59 p.m. on Tuesday, August 22 if you received your Day-8 negative test result.

If you begin to show symptoms during your quarantine, are exposed to another traveller with symptoms, or test positive for COVID-19, you must begin an additional 14 days of isolation.

Getting to your place of quarantine (final destination)

Driving to your place of quarantine

While you travel, you must wear a mask and practice physical distancing at all times.

Avoid stops and contact with others while in transit to quarantine:

- Use a private vehicle if possible
- Remain in the vehicle as much as possible
- Pay at the pump for gas and use drive through when you need food
- Wear a suitable mask at all times unless you are alone in a private vehicle
- Practice physical distancing
- Sanitize your hands frequently and avoid touching surfaces

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Travelling on to your place of quarantine after your hotel stopover

You must receive a negative result from your arrival test before continuing your trip from the hotel. While you travel, you must wear a mask and practice physical distancing at all times.

Examples:

A Winnipeg-bound international traveller flying into Vancouver will stop over at a government-authorized hotel in Vancouver. After a negative test result, that traveller could take their flight to Winnipeg to go to their place of quarantine.

An Ottawa-bound international traveller flying into Montréal, will stop over at a government-authorized hotel in Montréal. After a negative test result, that traveller could drive or take a bus to go to their place of quarantine in Ottawa by the most reasonable route.

Avoid stops and contact with others while in transit to quarantine:

- Use a private vehicle if possible
- Remain in the vehicle as much as possible
- Pay at the pump for gas and use drive through when you need food
- Wear a suitable mask at all times unless you are alone in a private vehicle
- Practice physical distancing
- Sanitize your hands frequently and avoid touching surfaces

[Check provincial or territorial requirements](#)

While in quarantine

- Do not leave your place of quarantine unless it is for a medical emergency, an essential medical service or treatment, to obtain a COVID-19 molecular test, or it is pre-authorized by a Quarantine Officer
- Use only private outdoor spaces (i.e. balcony)
- Do not have any visits from family or guests
- Do not use shared spaces such as lobbies, courtyards, restaurants, gyms, or pools