

Self-isolation means that you stay where you have been assigned and you are not to make physical contact with friends, family members or members of the community. ALL Temporary Foreign Workers are required to self-isolate for 14 days upon arrival in Canada.

How to Self-Isolate

- Stay where you were assigned for 14 days
- Do not leave the property
- Do not use taxis or rideshares
- Do not work on the farm or go to public places
- Avoid contact with others
- Make sure that shared rooms have good airflow
- Try to keep a distance of at least 2 metres away from the farmer and other workers

Wash your hands

- Wash your hands often with soap and water
- Dry your hands with a paper towel
- Do not share towels with others
- An alcohol-based hand sanitizer (at least 60% alcohol) can also be used

Cover your cough and sneeze

- Cover your mouth and nose with a tissue when you cough or sneeze
- Throw used tissues into a lined waste bin and then wash your hands
- Cough or sneeze into your upper sleeve or elbow, NOT YOUR HAND
- Wash your hands after emptying (or touching) the waste bin
- Avoid touching your face

What are the symptoms?

- Fever (over 37.8 degrees C/100.4 degrees F)
- Cough
- Shortness of breath
- Sneezing, nasal congestion, hoarse voice and difficulty swallowing

Other symptoms that should also be reported to the farmer include muscle aches, fatigue, headache, sore throat and runny nose.

What should I do if I develop symptoms?

TELL THE FARMER IMMEDIATELY!!

IF THIS IS A LIFE THREATENING EMERGENCY CALL 911