



Community Reminder

We would like to remind Wiikwemkoong citizens that we need to continue to take COVID-19 seriously and remain diligent in following the health guidelines set by world health officials.

This includes our community members who are returning home from outside of the Sudbury-Manitoulin District and those who have travelled to and from the United States (US).

Over the past couple of weeks, numerous concerns have been brought forward to Naandwechige-Gamig Wikwemikong Health Centre (WHC) regarding community members travelling to and from the US.

The concerns focus primarily on risks of COVID-19 exposure and what is expected of cross-border travelers.

Below are obligations relevant to travelers to and from the US.

If you are travelling from the US, the federal Quarantine Act stipulates:

The traveler(s) must provide border agents with a Quarantine Plan; this includes their name, where they are going, the location where they will quarantine and contact information

1. USA travelers into Canada **MUST** self-quarantine for 14-days. Self-quarantine (isolation) means:
 - a. For 14 days you need to stay at home (this means no going out visiting, going to the grocery store, etc) and monitor yourself for symptoms, even just one mild symptom; avoid contact with other people to help prevent transmission of the virus prior to developing symptoms or at the earliest stage of illness¹
 - b. Those individuals that are in contact with the traveller must self-isolate, including everyone within the home accommodating the traveller. This means those in contact with the traveller must complete the WUT Family Covid-19 Preparedness Plan

¹ <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>

- c. It is prohibited to have any guests even if you are outside and stay two metres apart from them.
2. If travelled from the U.S, regardless of test result, the individual(s) must finish the full 14 days of self-quarantine
3. Follow-up will be conducted with the individual(s) in self-quarantine at the location they provided to the Canada/US border agents

Failure to comply with the Quarantine Act, can result in a fine of up to \$1000.00 (CAN) under section 58 of the Quarantine Act.

If you are planning to travel, or have a loved one coming back to the community, please try to follow our community guidelines and recommendations:

1. If you are coming from a ‘hot spot’ of COVID-19 cases, you are expected to self-quarantine for 14-days upon arrival in the community
2. You can get tested prior to coming into the community and/or make an appointment to get a COVID-19 A-symptomatic test through WHC (call by noon Fridays; testing is done on -Mondays & Tuesdays; 705-859-3164)
3. If travelled from the U.S, regardless of test result, the individual(s) must finish the full 14 days of self-quarantine
4. Complete the WUT Family Covid-19 Preparedness Plan - it is important to have your self-quarantine (isolation) plan in place before arrival to the community

Please keep in mind, the above information are mere highlights as they pertain to our community’s questions and concerns.

There are much more thorough details on ***Canada.ca; Coronavirus disease (COVID-19): Travel restrictions, exemptions, and advice; The Quarantine Act; and COVID-19 Emergency Orders in Council (OIC) pursuant to section 58 of the Quarantine Act.***