



Welcoming home a friend or family member from abroad during COVID-19.

If you have a friend or family member arriving in B.C. from abroad, they may need help to understand the new laws related to the COVID-19 pandemic. They may not know they have to quarantine for 14 days after arriving in B.C. or how to monitor themselves for symptoms.

Help them prepare:

- Tell returning travellers they must register their self-isolation plan upon immediately reaching their final destination in British Columbia here: www.gov.bc.ca/returningtravellers
- Make sure they know they must stay home for 14 days upon return.
- Help travellers find a safe place to self-isolate. They should have their own room with a door that can close and a separate bathroom if possible. Clean the bathroom regularly with household cleaning products.
- Educate loved ones about the symptoms of COVID-19. They include cough, fever, sore throat and difficulty breathing.
- Plan a safe way for them to travel straight home. Public transportation can be used if they can maintain physical distancing of 2 metres from other passengers.
- Wash travellers' clothes separately from the rest of the family's and use gloves when handling travellers' clothes.

- Have a plan in place to make sure they have 14 days of groceries and any prescriptions they might need.
- Tell them to not share dishes, drinking glasses, towels or bedding with anyone.
- Do not have a returning traveller cook or prepare food for the rest of the family.
- If you have an elderly family member returning home, tell them about resources that can help, including the bc211 (dial 2-1-1) phone line and website: www.bc211.ca
- If a returning family member is ill, call 8-1-1 and have only one person in your household care for them to limit the number of people exposed.

Share key guidelines:

- Protect others by washing your hands (for at least 20 seconds) frequently, coughing into your sleeve and greeting with a wave instead of a handshake, hug or kiss.
- Practice physical distancing: always stay 2 metres (6 feet) away from others.
- Do not host visitors or family during your self-isolation — keep in touch with friends and family with video chats or phone calls instead.
- Do not have large family meals with returning family members.
- Know that many parks, playgrounds, businesses and other amenities may be closed temporarily due to COVID-19.

Point them to the following resources:

- If you're feeling unwell, use the BC COVID-19 Self-Assessment Tool to help determine if you need further assessment or testing for COVID-19:
 - » Visit: covid19.thrive.health
 - » If you cannot use the online tool, call 8-1-1 (toll free) or 7-1-1 (deaf and hard of hearing), 24 hours a day/seven days a week.
 - » You can complete this assessment for yourself, or for someone else, if they are unable to.
- For the latest medical updates, including case counts, prevention, risks and testing:
 - » Visit: www.bccdc.ca
 - » Follow @CDCofBC on Twitter.
- For non-health related information, including financial, child care and education supports, travel, transportation and essential service information:
 - » Visit: www.gov.bc.ca/Covid-19
 - » Call 1 888 COVID19 (268-4319) between 7:30 a.m. and 8 p.m., seven days a week (available in over 110 languages).



Stay Informed Via These Resources:

www.gov.bc.ca/Covid-19 | www.bccdc.ca | 1-888-COVID19

Symptom Self-Assessment:
covid19.thrive.health

