Declaration of Self-Isolation in Newfoundland and Labrador

Effective April 27, 2020, in order to minimize the spread of Covid-19, the Chief Medical Officer of Health for Newfoundland and Labrador requires everyone arriving in Newfoundland and Labrador to complete this declaration and self-isolate for 14 days. This includes those arriving from other provinces and territories in Canada.

This Declaration form and self-isolation plan must be completed prior to or on arrival in the province. Remain on your own property, stay in your own unit (not go in common areas) and not go for a drive unless to seek medical attention. See guidance on self-isolation for details.

Exemption(s) that apply/applies to me:

☐ Asymptomatic individuals, who cross the NL/Quebec border (including the towns of Blanc-Sablon and Fermont) for work or medical reasons, are exempted from the requirement to self-isolate for 14 days.

☐ Asymptomatic workers in the trade, transportation, mining, agriculture, hydroelectric and oil and gas sectors, including truck drivers and crew on any plane, helicopter, train, or marine vessel, including fish harvesting vessels (must self-isolate while not at work).

☐ Asymptomatic workers who reside in the province but who work elsewhere in Canada (must self-isolate while in Newfoundland and Labrador, but may travel back to work before the 14-day self-isolation period is over).

☐ Asymptomatic workers essential to the critical maintenance of the province’s infrastructure in the trade, transportation, health care, agriculture, fishing and aquaculture, hydroelectric, mining and oil and gas sectors (must self-isolate while not at work).

All others must self-isolate for 14 days. To optimize protection, do the following:

- As much as possible, maintain a distance of two arm lengths (2 metres) from other people. If this is not possible, use a non-medical mask. An instructional video has been posted on the website listed below.
- Travel directly to your final destination without visiting friends or family. If it is a long distance, you may stay in a hotel on your way, but you must stay in your room as much as possible.
- Sit in the back seat, away from the driver, when riding in a motor vehicle.
- Do not enter retail stores or restaurants for anything, including food.
- If you need food for your drive and/or for at home, have someone buy food for you, use a drive-thru service, or have groceries delivered.

☐ I understand that because of the Special Measures Order, I am required to self-isolate for 14 days, or if I have an exemption listed above I am still required to self-isolate while not at work.

☐ I understand that I must call the NL HealthLine (811) if I develop even mild symptoms, including two or more of the following (new or worsening): fever (or signs of a fever, like chills, sweats, muscle aches, or lightheadedness), cough, headache, sore throat, or runny nose.

☐ I understand that I can find more information on the Provincial Government website www.gov.nl.ca/COVID-19.

☐ I understand I must be available for Public Health officials to contact me for follow-up and/or to provide information.

Self-Isolation Plan

Primary contact for the household __________________________________________ Date of Birth ____________

Telephone Primary __________________ Cell __________________ Email _____________________________

Home address __________________________ City/town/country __________________________ Province ___
### Arrival Method

<table>
<thead>
<tr>
<th>Arrival Method</th>
<th>Date</th>
<th>Time</th>
<th>Arriving From/City of Origin</th>
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<tbody>
<tr>
<td>Ferry</td>
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<tr>
<td>Airline</td>
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</tbody>
</table>

Other locations visited in the last 14 days: ________________________________________________

**Symptoms:** Do you or any other people travelling with you have two or more of the following symptoms? If yes, call 811 immediately upon arrival in your self-isolation dwelling for further direction:

- fever (or signs of a fever, like chills, sweats, muscle aches, or lightheadedness) Y N
- cough Y N
- headache Y N
- sore throat Y N
- runny nose Y N

Purpose for visiting Newfoundland and Labrador? ____________________________________________

Are you employed in Newfoundland and Labrador? Y N If yes, employer information: ________________

Are you an essential worker returning? Y N If yes, provide details: ______________________________

Where do you plan to self-isolate __________________________________________________________

**Type of household in which you will be self-isolating (circle):** Private  With family  Hotel/B&B/airbnb, other

Isolation Address, if different than Home Address ____________________________________________

<table>
<thead>
<tr>
<th>Other Household Members</th>
<th>First Name</th>
<th>Last Name</th>
<th>Date of Birth</th>
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</tbody>
</table>

Isolation Contact Telephone (if different than page 1): Primary: ____________________________ Cell: __________________

**Questions**

<table>
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<tr>
<th>Questions</th>
<th>I confirm the following:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have transportation to your isolation premise?</td>
<td>☐ Yes ☐ No</td>
</tr>
<tr>
<td>Do you have enough prescriptions for 14 days of self-isolation?</td>
<td>☐ Yes ☐ No ☐ Not Applicable</td>
</tr>
<tr>
<td>Do you have enough supplies for 14 days of self-isolation? (Food, cleaning supplies, etc.)</td>
<td>☐ Yes ☐ No</td>
</tr>
<tr>
<td>Do you have local support (childcare, dog walk, etc.) for 14-days of self-isolation?</td>
<td>☐ Yes ☐ No ☐ Not Applicable</td>
</tr>
</tbody>
</table>

Are there any other details about your self-isolation plan we should know______________________________

**Declaration**

- I certify that my declaration is true and complete, and my household and I will abide by it. I acknowledge the importance of complying with the orders and that if do not comply, this is an offence for which I may be ticketed $500 per occurrence.

_________________________________   ________________________________

Name (Please Print)  Signature  Date

**Personal information in this form is being collected, used and safeguarded under the authority of the Access to Information and Protection of Privacy Act, 2015 and the Personal Health Information Act to ensure compliance with the Public Health Protection and Promotion Act. If you have any questions please contact our office.**

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