

# Travel recommendations

At this time, we strongly recommend that you avoid non-essential travel outside of Northern Ontario and to areas of higher transmission.

Individuals and families in higher transmission areas, should avoid travel to lower transmission areas.

*Staying home is the best way to protect yourself and others.*

## **Choosing to travel:**

If you choose to travel for essential reasons during the holidays, consider self-isolating or reducing close contact with others 10-14 days *before travelling and after returning home*.

## **Before Travelling:**

- Consider and prepare for what you will do if you, or someone else, becomes ill during the visit. What are the plans for self-isolation, health care, and travel home?
- Ensure you adhere to provincial restrictions on public and private gatherings. Gathering limits vary by zone, and local restrictions may also apply.
- Consider whether you, someone you live with, or anyone you plan to visit with is at higher risk for severe illness from COVID-19, to determine whether to stay overnight in the same residence or to stay elsewhere.
- Consider the risk associated with travelling. This includes COVID-19 transmission in the other province, entry requirements (e.g., *quarantine*) of some other provinces, etc. General (Ontario) public health advice, as well as any rules and regulations of the other province, should be followed.

## **Overnight Stays:**

If you do stay at another home overnight or host overnight guests:

- Provide all the necessary supplies, including hand sanitizer, soap and water, and practice hand hygiene frequently.
- Individuals from different households should practice physical distancing (2 metres at all times) and wear face coverings except for eating, drinking, and sleeping.
- Hosts and guests should not sleep in the same bedroom and should use separate washrooms, if possible.

- Spend time together outdoors. Take a walk or sit outdoors, where possible, for interpersonal interactions.
- Avoid singing or shouting, especially indoors.
- Monitor for COVID-19 symptoms (hosts and guest).
- Have a plan for what to do if someone becomes ill, even with mild symptoms.

### **International Travel:**

- Individuals and families should avoid travelling internationally over the holiday period.
- If you do travel internationally, you will need to meet legal quarantine requirements upon your return to Canada even if you do not have symptoms.

### **List of resources:**

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/holiday\\_gathering\\_advice.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/holiday_gathering_advice.pdf)

<https://www.ontario.ca/page/covid-19-stop-spread#section-6>

<https://www.porcupinehu.on.ca/en/your-health/infectious-diseases/novel-coronavirus/holiday-season/#travelhome>