

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.*

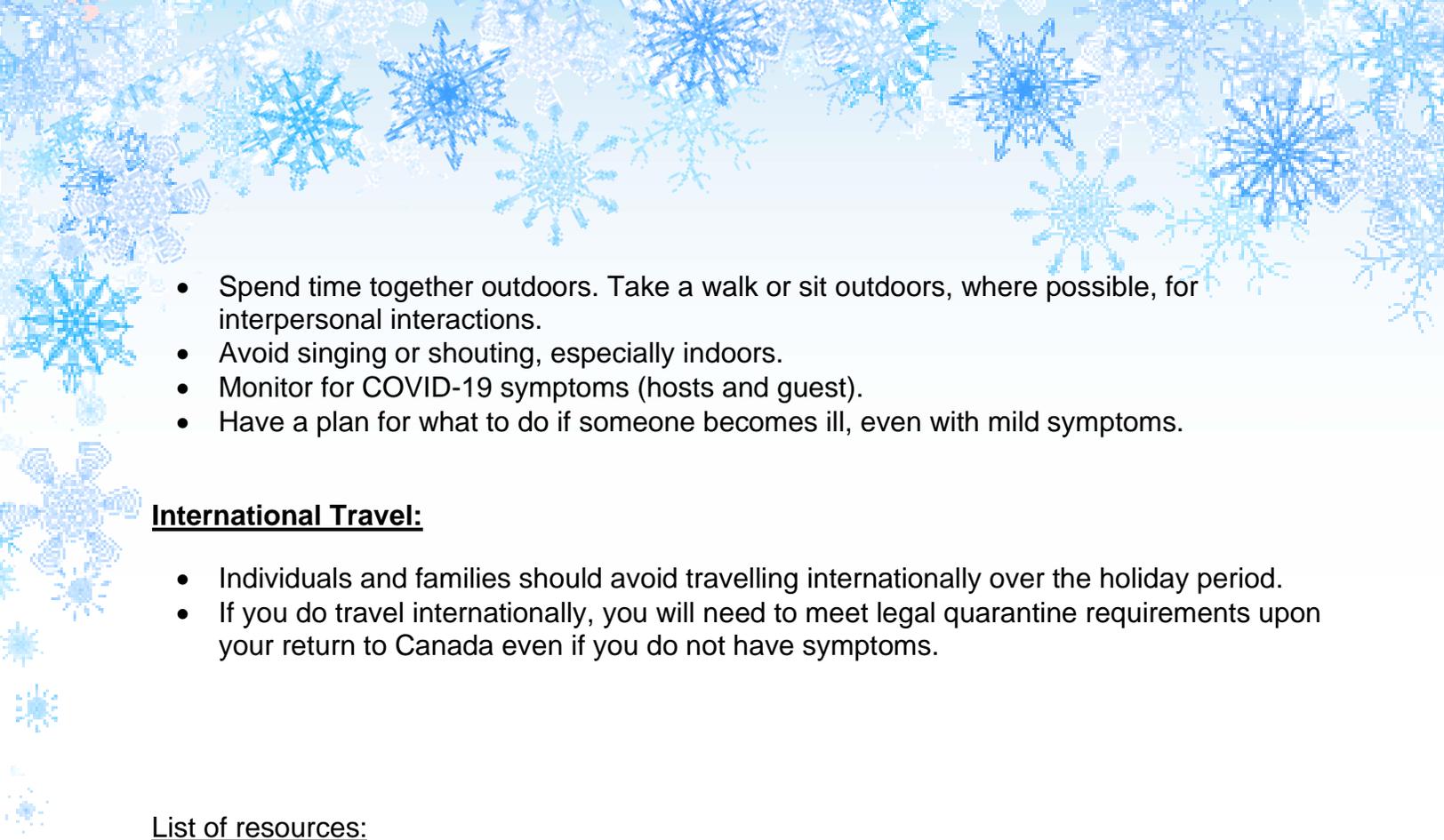
Before Travelling:

- 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.

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- 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

<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>