June 15, 2020

Canada Border Services Agency

Dear Madam/Sir:

**Re: Self-isolation Plan Amid current COVID-19 Pandemic**

I, **(pleased insert full name)** am aware that pursuant to the Canadian *Quarantine* Act, I will be required to self-isolate for a period of 14 days upon entry into Canada whether or not I is displaying any symptoms of COVID-19.

1. I will travel directly from the border to my home address (**please insert address where you will be self-isolating)** to self-isolate for 14 days.
2. I will wear a non-medical mask or face covering between the Canadian border and (**please insert address where you will be self-isolating)** ;
3. While self-isolating at (**please insert address where you will be self-isolating)** , I will not have contact with individuals aged 65 years or older or individuals with underlying medical conditions;
4. I will arrange for food and supplies to be brought to me by (**insert planned service or name of individual who will provide contactless delivery)** during this period;
5. I will not be leaving the address mentioned above for the two-week self-isolation period nor have visitors at that address.

I am aware that I will be screened on entry into Canada, and that I must comply with any reasonable measure ordered by a screening officer of quarantine officer for the purpose of preventing the introduction and spread of a communicable disease.

I have been advised that I can be fined up to CAD$750,000 and/or imprisoned for six months for failure to comply with the Quarantine Act.

Attached is confirmation of my self-isolation address over the next two weeks.

If you need to reach me, I can be contacted by phone at (please insert phone number) and email **(please insert email address)**

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(Please insert full name)**