

The Thunder Bay District Health Unit (TBDHU) recommends the following related to travel:

- Check your destination (including the US) at travel.gc.ca for the latest advisories related to COVID-19 and be prepared for rapidly changing recommendations or requirements related to your destination.
- The Public Health Agency of Canada (PHAC) is advising **all** travellers returning to Canada from travel abroad (including the US) to monitor their health for fever, cough and difficulty breathing for 14 days. If you develop these symptoms, isolate yourself from others as quickly as possible and call the TBDHU at (807) 625-5900 or 1 (888) 294-6630 OR call Telehealth at 1-866-797-0000 to access further information. For more information on monitoring and self-isolating visit our website at tbdhu.com/coronavirus#self.
- All travellers who have returned from Hubei province (China), Iran or Italy are required to isolate themselves from others on their arrival and contact the TBDHU at (807) 625-5900 or 1 (888) 294-6630 within 24 hours of their arrival in Canada.
- Regarding cruise ship vacations, because the virus can spread quickly due to the close contact between passengers, the PHAC is recommending Canadians avoid traveling on cruise ships. Visit canada.ca/coronavirus for more information.
- While travelling, there are everyday actions that can reduce exposure to germs to protect your health:
 - Clean your hands using soap and water or alcohol-based hand sanitizer (minimum 60%).
 - Avoid touching your face.
 - Avoid shaking hands and use alternative greetings instead, including head nods or waves.
 - Cover coughs and sneezes with a tissue or sleeve; get rid of used tissues immediately in the garbage and clean your hands.
 - Keep a distance of 2 metres from those showing symptoms (e.g. cough).
 - If you are feeling ill while travelling, stay away from others/crowds and do not use public transportation. Seek medical attention.
 - Masks are only recommended for those with symptoms (e.g. cough, fever).

As the COVID-19 situation is evolving quickly, the TBDHU will continue to monitor closely and provide updates for the Thunder Bay District as they become available. Please visit tbdhu.com/coronavirus and follow our social media channels (Facebook and Twitter) for the most up to date information.