

Covid-19 Travel to Montréal

1. BEFORE TRAVELLING TO MONTRÉAL



- Please see with your local insurance companies to enquire about COVID-specific insurance.
- Pre-entry tests are not required for fully vaccinated travellers entering Canada (land, air or water).
- **Recommendations:**
 - Take an at-home test before your departure.
 - If you take medication, it is wise to plan to have enough to cover a longer period in case you need to extend your stay.
 - Download the **ArriveCAN** mobile app and enter your information. Proof of vaccination must be provided in English or French.

2. UPON ARRIVAL



- You may be randomly selected for a COVID-19 test upon arrival at the airport in Montréal. It is not necessary to quarantine while you wait for the results.

3. QUARANTINE IN MONTRÉAL



In case you start showing symptoms of Covid-19 or receive a positive test result, here is some helpful information.

- Please inform your hotel that you must quarantine and discuss possibilities of extending your stay.
- Inform the Canadian Public Health agency at 1-833-641-0343.
- Isolation is mandatory for 10 days.
- If you wish to do another test, coordinate with the hotel. Below is the contact information for a mobile clinic that can come directly to your room:
 - Globulab Santé: call 514-984-7000 in advance to book your appointment
- * Should you receive a negative result from this second test, please contact the Public Health agency to get the green light before resuming your activities.
- If you need essential products during your quarantine, you can do so online at:
 - **IGA:** Online Grocery ([iga.net](https://www.iga.net))
 - **Provigo:** PC Express™ Delivery | Shop Provigo Online
 - **Metro:** Product Search | Metro
 - Pharmaprix (pharmacy): 514 866-9881
- If you want to order take-out, you have lots of options from **local restaurants** or you can download food delivery apps like DoorDash, UberEats, Skip the Dishes or UEAT.
- If you need a medical consultation, please call 811. If you develop severe symptoms like difficulty breathing or chest pain, call 911.