

Coronavirus disease (COVID-19)



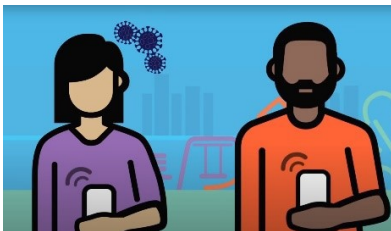
Health Canada has developed a suite of tools to help Canadians contain the spread of COVID-19 as our economy continues to re-open and grow. They are: the COVID Alert app, the Canada COVID-19 app the ArriveCAN app and the Wellness Together portal along with a variety of infographics and videos on how to go out safely and how to use a non-medical mask.

COVID Alert App



The [COVID Alert app](#) is an exposure notification app that tells people if they may have been exposed to COVID-19. By letting people know of possible exposures before any symptoms appear we can take care of ourselves and protect our communities.

The app is available for free to Canadians and can be downloaded on the [App Store](#) and on [GooglePlay](#).



As described in this [video](#), the app does not collect personally identifiable information about you. It has no way of knowing: your location, your name or address, or the place or time you were near someone. No information is shared without your consent.

Canadians can be confident in the knowledge that the app is secure and that no personal information will be shared with the Government of Canada or participating partners.

“Canadians can opt to use this technology knowing it includes very significant privacy protections, I will use it.” **Daniel Therrien, Privacy Commissioner of Canada**
Full statement available [here](#).

Use the COVID Alert app to know if you may have been exposed.

Canada

Protect your community. Download the COVID Alert app.

Canada

Help limit the spread. Download the COVID Alert app.

Canada

The COVID Alert app is easier to download than you think.

Canada

Double your protection. Use a mask and the COVID Alert app.

Canada

Download the COVID Alert app before heading out.

Canada

Health Canada’s marketing and advertising campaign encourages Canadians who own compatible smartphones (iOS 13.5 and newer or Android 6.0 and newer) to download and use the COVID Alert app.

Promotions will be geo-targeted to align with the roll out of the app, jurisdiction-by-jurisdiction using a digital-first approach. A [digital toolkit](#) of resources is available for organizations to draw from. It includes social media ads, educational videos, creatives, an [infographic](#) about how the app works and printer friendly posters will soon be added.



Government of Canada

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Canada

Canada COVID-19 app



The [Canada COVID-19 app and daily symptom tracker](#) is designed to help Canadians stay informed about COVID-19 in Canada, and determine what actions and next steps they should take. The app provides the latest updates and alerts from Health Canada. The app provides information about how to stay safe, resources to help during this unprecedented time, and statistics on the spread of the disease. In addition, the app's daily symptom tracker helps Canadians monitor their health for symptoms, so that they can be aware of whether they should change their behaviour or seek testing.

The app is available for download on the [App Store](#) and on [GooglePlay](#).

ArriveCAN app



The [ArriveCAN app](#) gives travellers entering Canada by land, air, or sea a digital way to provide their mandatory traveller information, including a 14-day [quarantine plan](#) and a self-assessment of symptoms as required by recent [Emergency Orders](#) under the [Quarantine Act](#).

Information can be submitted easily and securely within 48 hours before arriving in Canada.

The ArriveCAN app is available for download on the [App Store](#), [GooglePlay](#) or [web format](#).

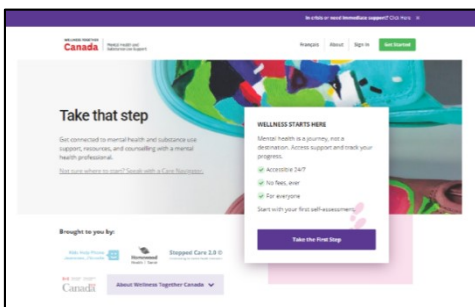
The app helps travellers to:

- provide mandatory information that's required for entry into Canada
- reduce wait times and points of contact at the border
- provide the Government of Canada with voluntary updates on your quarantine compliance and the development of any symptoms during the 14 days after arriving in Canada

Click [here](#) for more information on COVID-19 travel, quarantine procedures and borders.

Wellness Together Canada Portal

Wellness Together Canada was funded by the Government of Canada in response to the unprecedented rise in mental distress due to the COVID-19 pandemic. People are being challenged like never before due to isolation, physical health concerns, substance use concerns, financial and employment uncertainty, and the emotional dialogue around racial equality.



The [Wellness Together Canada](#) site provides free online mental health and substance use support through resources, tools, apps and connections to qualified people when needed.



Non-medical masks and face coverings

Wearing a non-medical mask or face covering is recommended when it is not possible to consistently keep a 2-metre distance from others. In some regions, the use of masks in many indoor public spaces and on public transit is now mandatory.



Resources on wearing non-medical masks and face coverings:

[Infographic:](#) How to safely use a non-medical mask or face covering

[Video:](#) How to wear a non-medical mask or face

Hand hygiene

Maintaining good hand hygiene is very important personal practices that help reduce the risk of infection or spreading infection to others.



Resources on washing hands:

[Video:](#) [Wash your hands to reduce the spread of COVID-19](#)

[Infographic:](#) [Reduce the spread of COVID-19: Wash your hands](#)

Going out safely

When going out, risk levels may vary based on your ability to physically distance, the use of non-medical masks by you and others, and the controls put in place at the establishment or setting to further reduce risk. Risk level for exposure is impacted by closed spaces, prolonged exposure time, crowds, forceful exhalation (yelling, singing, and coughing).



[Infographic:](#) [Going out safely](#)

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