

Dear Canadian,

You are receiving this email because you are registered with the Government of Canada's Registration of Canadians Abroad (ROCA) service.

To limit the spread of COVID-19, many countries have put in place travel or border restrictions and other measures such as movement restrictions and quarantines. Airlines have cancelled flights. New restrictions may be imposed with little warning. Your travel plans may be severely disrupted and you may be forced to remain outside of Canada longer than expected.

Stay well informed about the spread of coronavirus disease (COVID-19) by monitoring the media, listening to the local news and by following the instructions and recommendations of local authorities at all times.

The Government of Canada advises all Canadians to avoid non-essential travel outside of Canada until further notice.

If you must travel:

- Check your destination's Safety and security, Entry/exit requirements and Health sections : <https://travel.gc.ca/destinations/mexico>
- Get the Government of Canada's latest updates on COVID-19: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
- Check the Pandemic COVID-19 travel health notice: <https://travel.gc.ca/travelling/health-safety/travel-health-notices/221>

If you are already outside of Canada:

- Find out what commercial options are still available to return to Canada. Contact your airline or tour operator directly. Check their website for their current information.
- Ensure that you have sufficient finances and necessities, including medication, in case your travels are disrupted.
- Check with your travel insurance provider to know more about their policies related to COVID-19.
- Find out if you are covered for medical treatment if you become infected with COVID-19 as well as for extended stays outside of Canada.
- Canadians who have no available sources of funding have the option of applying for an emergency recoverable loan of up to \$5,000 to help secure their timely return to Canada and to temporarily cover their life-sustaining needs while they work towards their return. Each application will be assessed according to its specific situation. Information on eligibility and how to apply will be communicated shortly to those registered in the Registration of Canadians Abroad database.

For those returning to Canada:

- The Government of Canada is asking all travellers entering Canada to self-isolate for 14 days upon entry. Exemptions to self-isolation for 14 days will be provided to healthy workers who provide essential services.
- Contact your Provincial government to enquire if there are specific measures in place for citizens returning from international travel
- Consult the Canada Border Services Agency website for additional information on screening measures for entering Canada <https://www.cbsa-asfc.gc.ca/multimedia/ncov/menu-eng.html>
- Consult the measures taken by Transport Canada in response to COVID-19: <https://www.canada.ca/en/transport-canada/news/2020/03/new-measures-for-covid-19-response.html>

The Public Health Agency of Canada is closely monitoring the situation, and Global Affairs Canada will provide updates as more information becomes available. Canadians should follow the advice of local health authorities and take precautions to protect themselves from respiratory illnesses, including frequent handwashing, practising proper cough and sneeze etiquette, and monitoring your health.

Pandemic COVID-19 health notice is available at: <https://travel.gc.ca/travelling/health-safety/travel-health-notices/221>

For the latest advice from the Government of Mexico regarding COVID-19, please visit <https://www.gob.mx/salud/documentos/nuevo-coronavirus-2019-ncov-comunicado-tecnico-diario>, call 55-5337-1845 or 800-0044-800 or email ncov@dgepi.salud.gob.mx Your questions will be answered in Spanish and English by experts.

Canadians in need of emergency consular assistance in Mexico should call the Embassy of Canada in Mexico City at +52-55-57247900 ext. 379-3348 or the Emergency Watch and Response Centre in Ottawa at 613-996-8885. An email can also be sent to sos@international.gc.ca.

The decision to travel is your choice and you are responsible for your personal safety abroad. The Government of Canada takes the safety and security of Canadians abroad very seriously. It provides credible and timely information in its Travel Advice to enable you to make well-informed decisions regarding your travel or stay abroad. We encourage you to stay up to date on the latest travel advice and advisories for any country to which you plan to travel at www.travel.gc.ca, via the mobile TravelSmart application at www.travel.gc.ca/mobile, and via RSS feeds at www.travel.gc.ca/rss. If you are travelling, you are encouraged to update your ROCA file with your travel dates, destination, and contact information.

Please share this important information with other Canadian citizens in your area. Encourage them to register with ROCA (<https://travel.gc.ca/travelling/registration>) to enable them to receive important safety updates from the Government of Canada.

If you have left Mexico and have no intention to return there in the near future, please send an

email to our Registration of Canadians Abroad email address at roca@international.gc.ca to end the registration of this trip in our system.

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