

Canada – U.S. Border Restrictions

As of March 21, 2020, there is a 30-day restriction on all non-essential travel at the Canada-U.S. border. Examples of non-essential travel include:

- tourism
- recreation
- entertainment

If you are healthy and must cross the border for work or other essential purposes, you may continue to do so. Some examples of essential travel purposes are:

- work and study
- critical infrastructure support
- economic services and supply chains
- shopping for essential goods, such as:
 - medication
 - items necessary for the health and safety of an individual or family
- health, immediate medical care, safety and security

These travellers will only be allowed into the country if they have **not been outside Canada or the U.S.** in the 14 days before requesting entry into Canada.