



COVID-19 Traveller Health Instructions

Please review the health instructions below that you must follow while you are in Bermuda as Per the **Quarantine Act 2017 s.11** and the **Quarantine (COVID-19)(No.3) Order 2020**, failure to comply may result in a fine of **\$25,000 and/or imprisonment for up to 6 months.**

Your Instructions Today : _____

You have a Pre-departure COVID-19 Test and are arriving from the United Kingdom or have visited the United Kingdom in the 14 days before you arrived in Bermuda
*(Adults and children 10 and older)**

Quarantine in your accommodation away from non-travellers until a negative result from your day-4 test.

Wear a Traveller Wristband

Only leave your accommodation to attend testing.

All testing locations and times will be booked for you

**Children 9 and younger must quarantine with a parent or guardian*

During your Stay

During quarantine you must

Not leave your home or accommodation.

Have your groceries delivered, work remotely, etc.

Monitor your health daily

Take your temperature twice daily for 14 days

Log your temperature on the overleaf

If your temperature is over 100.4F or 38C please email: **covid19surv@gov.bm**

Test on day 4: _____

A reminder email will be sent 24 hours before your test.

If a negative test result received, follow the Traveller's First 14 Days Guidance from day 4.
(on second page).

Test on day : _____

A reminder email will be sent 24 hours before your test.

Test on day 14: _____

A reminder email will be sent 24 hours before your test.

Frequently Asked Questions

- All of your PCR COVID-19 testing appointments for day 4, 8 and 14 are booked upon arrival. If one of the testing days is also your departure day, you do not need to test that day.
- While the above protocols hopefully capture most of the information required, we know there are specific circumstances that may arise.
- We hope we have answered your questions in our Traveller Frequently Asked Questions at www.gov.bm/coronavirus-travellers
- For more health information or assistance with rescheduling your appointments, please call the COVID-19 hotline at 444-2498 between 9 am – 9 pm

Positive COVID-19 Result

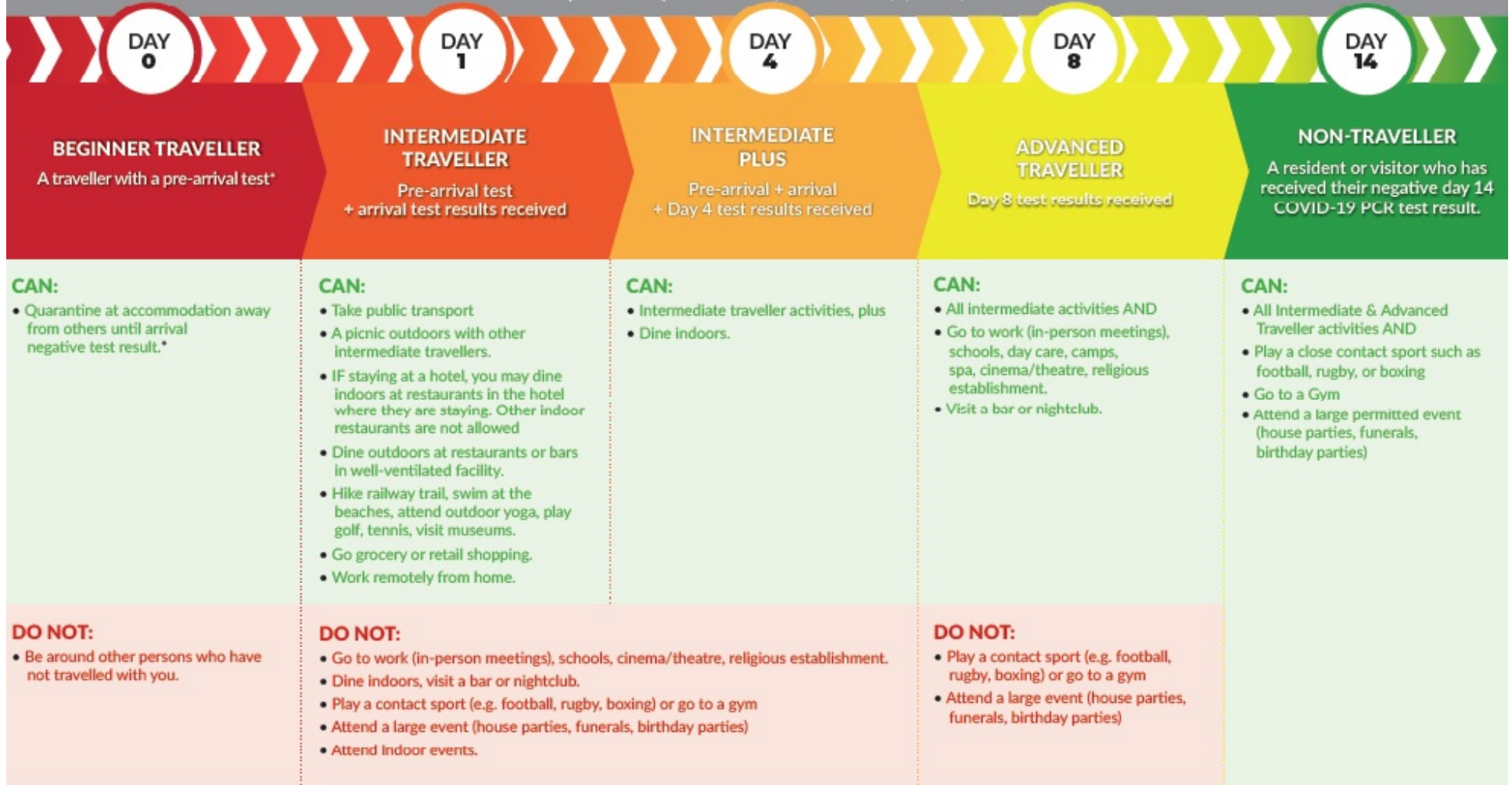
If a traveller becomes COVID-19 positive, is a close contact of a positive person, is symptomatic, or if a traveller is clinically diagnosed at any point, they will be isolated at their accommodation for up to 14 days.



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Travellers' First 14 days in Bermuda – Guidance for Residents and Visitors

Mandated as per the Quarantine (COVID-19) (No.3) Order 2020



*A resident WITHOUT a pre-arrival COVID-19 PCR test result MUST Quarantine at accommodation away from others until day 8 negative test result with negative Day-8 results they can start Advanced activities.

Activities noted for Intermediate and Advanced travellers in both the "CAN" and "DO NOT" columns are examples, and do not include all possible activities.

All persons should avoid the 3 C's at all times: Closed Spaces, Crowded Places and Close-contact settings