

## Note from Minister Schulte

With winter just around the corner, seniors thinking of heading to warmer locations may want to reconsider. While COVID-19 can make anyone sick, older adults are at much higher risk of developing a severe disease or other health-related complications. By staying in Canada, seniors can better protect themselves and their families.

Canada continues to advise against all non-essential travel outside Canada, including all cruise ship travel. If you must travel, please consult the Government of Canada's advice for [older travellers](#) and be sure to read [COVID-19: Travel, quarantine and borders](#).

### Things to consider before you go

- Local public health measures may be less stringent than those in Canada, potentially putting you at **greater risk of infection**.
- You may suddenly face strict restrictions at your destination, such as **curfews, lockdowns and quarantines**.
- You may have a hard time obtaining **essential products and services, including medications**, while abroad.
- Your travel insurance may not cover medical expenses or cover you for an unexpected **extended stay**.
- The Government of Canada may have limited capacity to offer you **consular services**.
- **Flight options** could be reduced, making it difficult for you to return to Canada. No further repatriation flights are planned.
- You **must wear a mask or face covering at all times** while travelling.
- You **must quarantine** for 14 days upon your return to Canada.

### Free travel webinars

Global Affairs Canada is offering free webinars on the **potential risks of travelling abroad**, along with information about digital tools and consular assistance available to Canadians. If you would like Global Affairs Canada to present a webinar to your organization, please contact [outreach.sensibilisation@international.gc.ca](mailto:outreach.sensibilisation@international.gc.ca).

### National Seniors Council – Governor in Council appointment process

The Government of Canada is seeking applications from qualified Canadians to fill current and future vacancies on the National Seniors Council. Interested individuals are strongly encouraged to apply as soon as possible on the [Governor in Council appointments](#) website.

### Reminder to Guaranteed Income Supplement recipients who have not filed their 2019 income tax

To avoid any interruptions in benefits in January 2021, Guaranteed Income Supplement recipients who have not already filed their 2019 income tax information should file their taxes electronically with the [Canada Revenue Agency](#) or contact Service Canada by calling 1-800-277-9914 and providing their income information over the phone.

Sincerely,

Minister Deb Schulte