



COVID-19 International Student Safe Travel, Arrival and Quarantine Checklist

Last updated November 5, 2020

Dear student,

We look forward to welcoming you to Canada! Canada remains a safe and welcoming destination for international students. However, as a result of the COVID-19 pandemic, there are some important protocols that international students must follow to reduce the risk of infection and transmission of the virus, including undertaking a mandatory 14-day quarantine period immediately upon arrival in Canada.

Please take some time to review the information in this document. Please note that in not following this protocol, students may be denied entry into the country, or may be denied entry to/dismitted from your program of study with no refund. Government authorities may also fine students for non-compliance in certain situations.

Please understand that our number one priority is the health and safety of our students, homestay families, schools and communities. Your host school is obligated to follow the regulations and recommendations of various authorities, including the government of Canada, provincial and local public health authorities.

Please confirm that that you understand and agree with the following:

- I am aware of the requirement to comply with the Government of Canada's [Quarantine Act](#), including the penalties of violation of the *Quarantine Act*, which include up to 6 months in prison and/or \$750,000 in fines.
- I agree to comply with the requirements laid out in this International Student Safe Travel, Arrival and Quarantine Checklist.
- I have completed and printed the Languages Canada Quarantine Plan for presentation at my port of entry, and have registered via the ArriveCAN App.
 - For students attending institutions in British Columbia ONLY: I have downloaded and installed the BC COVID-19 App.
- I confirm that I have appropriate medical insurance, effective as of the date of my arrival in Canada, which includes coverage for COVID-19 during the quarantine period.

Name: _____

Signature: _____

Date: _____

Student Checklist

The below checklist provides guidelines to support you in your travel and quarantine upon arrival in Canada.

Pre-Departure:

#1 – Communicate with your school about your arrival and quarantine plan:

- Your host school will provide you with accommodation options for your 14-day quarantine and require that you make a selection of your preferred quarantine site. Each quarantining student (or student-family unit) must stay in their own hotel room. Your quarantine site will provide:
 - Private, safe transport from the airport to the hotel.
 - Delivery of three meals per day to your room;
 - A room which includes a private bathroom and is equipped with adequate toiletries, linens and other supplies for 14 days;
 - Adherence of all staff to rigorous hygiene, cleanliness and physical distancing practices;
 - Monitoring services to ensure that you do not leave your room.
- Make sure to inform both your school and your quarantine site in advance if you have any special needs or disabilities of which they should be aware.
- Be clear about how and where you will be meeting your transportation upon arrival. Obtain a cell phone number for the driver.

#2 – Prepare for 14 days of isolation:

- Refer to the [guidelines from the Public Health Agency of Canada on How to Self Isolate](#).
- Your host school will likely have options for you to commence your academic program through virtual means during your quarantine period. Discuss the academic plan for your quarantine with your host school.
- Make a plan for your physical and emotional wellness during quarantine, including any books, games, fitness equipment/apps, etc. you wish to have with you.

#3 – Complete arrival plans:

- Complete the mandatory [Languages Canada Quarantine Plan](#). Send a signed electronic copy of this document to your host school. Print a copy of this Plan to present to border officials upon arrival in Canada.
- Download the [ArriveCAN App](#) on your mobile device (available for iPhone and Android). Complete the pre-arrival forms on the app.

- If you are attending an institution in British Columbia, you must also download the [BC COVID-19 App](#) (available for iPhone and Android).

#4 – Packing

In addition to regular packing requirements, please also bring:

- 60 disposable face masks OR 30 disposable and 1 reusable cloth face mask;
- One large bottle of quality hand sanitizer;
- One box of Nitrile gloves;
- A thermometer.

Please also have the following with you in your carry-on luggage: at least 2 masks, several pairs of gloves, a travel sized bottle of hand-sanitizer and some disinfecting wipes.

Make sure you have the following documents available when you arrive in your carry-on luggage. You will be required to present these to a Canada Border Services Agent when going through Canadian customs and immigration:

- Passport;
- Study permit or permit confirmation document (if you have one);
- Letter of Acceptance;
- Quarantine site contact information, including cell phone number for the driver.
- Contact information for your host school;
- Signed copy of this document;
- Print out of Quarantine Plan.

#5 – Pre-Departure Self-Assessment

You (and your co-arriving family members) should not travel to Canada if you are experiencing COVID-19-related symptoms, have tested positive for COVID-19, have been exposed to the virus or are awaiting test results. Access the Thrive Health COVID-19 Self-Assessment Tool [here](#) to determine if you have COVID-19-related symptoms.

In transit:

While in transit to the airport, in airports and during flights:

- Wear a mask and gloves;
- Wash hands frequently;
- Use hand sanitizer when necessary;
- Practice physical distancing (minimum 2 metres from others);
- Sanitize your personal space and high touch areas;
- Minimize trips to the washroom (Flush the toilet with the seat cover down);
- Touch as few surfaces as possible;

- Keep your cell phone charged.

Arrival in Canada:

- Text your host school to confirm your arrival;
- Text your driver to confirm your arrival;
- Wear a fresh mask and gloves;
- Proceed through immigration and baggage pick up while maintaining physical distancing;
- Present appropriate documentation to the Canada customs officer;
- Move as quickly as possible through the baggage area and do not enter any stores in the airport;
- Meet your driver at the agreed pick-up location;
- Load your own luggage into the car and sit as far away from the driver as possible;
- Follow all instructions for COVID-19 safe check-in at your quarantine site.

During quarantine

As per the Government of Canada's [Quarantine Act](#), you are required to quarantine for 14 days immediately upon arrival in Canada. This means that you must stay on your own in your room for 14 days and avoid contact with others. Your quarantine site will provide you with food, clean linens every couple of days, a comfortable room, access to television and Wi-Fi.

This means:

- Stay in your own room as much as possible and away from others. Do not leave your quarantine room unless there is a medical emergency.
- Keep your room well-ventilated and clean – open your window to let the air circulate.
- Practice good hygiene
 - Wash your hands frequently with plain soap and water for at least 20 seconds.
 - Cover your mouth and nose with your elbow when coughing or sneezing, or use a tissue. Avoid coughing into either your hands or into the air. Dispose of used tissues right away into a trash bin and immediately wash your hands.
 - Flush the toilet with the lid down.
 - Package up your garbage – empty garbage frequently and wash your hands immediately.
 - Refer to the COVID-19 laundry policy at your quarantine site for having your clothes washed.
- Stay connected to your Canadian host school. You will likely have the option to commence your language program via live virtual classes. Your host school will also likely have optional virtual social activities in which you can participate to meet other students and learn about the city in which you'll be studying.
- Stay connected to friends and family via text, email, facetime, etc.
- Monitor your physical and mental well-being. If you are not feeling well, use the Government of Canada's COVID-19 self-assessment tool to help determine if you need further assessment or testing. Contact your host school and quarantine provider immediately if you feel sick.

- Access the Thrive Health [COVID-19 Self-Assessment Tool](#)
- If you cannot use the online tool, call 8-1-1

Please remember that quarantine is a mandatory requirement of the *Quarantine Act* and not optional.

After quarantine

Following completion of your 14-day quarantine period, if you have not presented any symptoms of COVID-19:

- Confirm transportation arrangements to your permanent accommodation with your host school.
- If you are transferring to accommodation within your city of arrival/quarantine, you will be transported by car provided by the quarantine site, following safe transport protocol.
- If you need to travel to another city within Canada for your studies, you will be transported to the airport by car provided by the quarantine site, following safe transport protocol. While in airports and during flights, you will be expected to follow the same recommended personal hygiene and physical distancing guidelines as during international travel, including wearing a mask and gloves; washing/sanitizing hands frequently; and observing appropriate physical distancing.
- For the duration of your stay in Canada, please be mindful of and respect public health directives.
 - Continue to practice proper hygiene, including hand washing and use of hand sanitizer;
 - Use proper coughing and sneezing etiquette;
 - Practice physical distancing.