

International Student Safe Travel, Arrival and Quarantine Guide – Winnipeg, MB

CDI College's first priority is the health and safety of our students. We are also obligated to follow the regulations and recommendations of various authorities, including the Government of Canada, and the Provincial Government and City public health authorities. The Government of Canada has put in place an emergency order under the Quarantine Act. It applies to all travelers arriving in Canada. Its purpose is to slow the spread of COVID-19 in Canada. Failure to comply with this order is an offence under the Quarantine Act.

When you arrive at the border, you will need to explain to the Canadian Border Services Agency officers why your trip is essential at this time. You also need to have an adequate plan to quarantine for two weeks. An adequate plan includes a plan to get from the airport to your self-isolation location with no stops, a location where you can safely self-isolate in accordance with Public Health guidelines, and plans for how you will access food and any other necessities required during your self-isolation. Failure to meet these requirements may result in being denied entry to Canada, or having to carry out quarantine in a government-approved facility.

As of October 20, 2020, some designated learning institutions (DLIs) are now able to reopen to international students who are not currently in Canada and who:

- have, or have been approved for, a study permit
- are travelling to Canada for a non-discretionary or non-optional purpose

Please be sure to review the information in this guide prior to your arrival or making your own self-isolation arrangements. The government of Manitoba has provided us with Canada's Guidance for post-secondary institutions during the COVID-19 pandemic at <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/covid-19-guidance-post-secondary-institutions-during-pandemic.html>

Please note that the government of Manitoba has established a mechanism to welcome international students to CDI College, Winnipeg for Fall 2020. CDI College has an ongoing dialogue with the Department of Economic Development and Training in Order to ensure that the plan continues to meet the requirements and to verify our ongoing adherence to federal requirements.

This guide has been prepared to assist any new and returning international students who are currently outside of Canada, and plan to travel to Canada to return to studies. As of March 25, 2020, the government of Canada has made it mandatory that anyone entering Canada self-quarantine under the Quarantine Act. Any student arriving from outside of Canada must self-isolate and monitor themselves for symptoms of Covid-19 for 14 days upon their arrival and complete/register a self-isolation plan.

Please note that government of Manitoba has implemented a new pandemic response tool that uses the colours green, yellow, orange and red. At each level, public health officials have a range of restrictions that could be imposed on different sectors, including at post-secondary institutes. The province will update the provincial response level in response to the spread of the virus and other public health indicators. Information on Manitoba's Pandemic Response System is available at:

- <https://www.gov.mb.ca/covid19/restartmb/prs/system/index.html>

Manitoba Public Health also noted that the health system capacity and readiness for outbreak response would depend on the number of international students that in Manitoba and current cases.

Effective midnight on January 7, 2021 (00:00 EST or 05:00 UCT), regardless of citizenship, all travellers five years of age or older must provide proof of a negative laboratory test result for COVID-19 to the airline prior to boarding a flight to Canada. The test must be performed using one of two types of COVID-19 tests—either a molecular polymerase chain reaction (PCR) or Loop-mediated Isothermal Amplification (LAMP)—and must be conducted within 72 hours of the traveller's scheduled departure to Canada.

Further, effective midnight (11:59 PM EST) February 3, 2021, in addition to proof of a negative pre-departure test, Transport Canada will expand the existing international flight restrictions which funnel scheduled international commercial passenger flights into four Canadian airports: Montréal-Trudeau International Airport, Toronto Pearson International Airport, Calgary International Airport, and Vancouver International Airport.

The new restrictions will include scheduled commercial passenger flights arriving from the United States, Mexico, Central America, the Caribbean and South America, which were exempted from the previous restriction. Private/Business and charter flights from all countries will also be required to land at the four airports. Flights from Saint-Pierre-et-Miquelon and cargo-only flights will remain exempt.

As soon as possible in the coming weeks, all air travellers arriving in Canada, with very limited exceptions, must reserve a room in a Government of Canada-approved hotel for three nights at their own cost, and take a COVID-19 molecular test on arrival at their own cost. More details will be available in the coming days.

The Government of Canada will introduce a 72-hour pre-arrival testing requirement (molecular test) for travellers seeking entry in land mode, with limited exceptions such as commercial truckers. In addition, we continue to collaborate with partners in the United States to strengthen our border measures and keep our countries safe.

All travellers coming to Canada must present this information at the time of boarding. Failure to do so will mean an automatic denial of boarding by the airline operating the flight to Canada.

Anyone who receives a negative test result and is authorized to enter Canada must still complete the full, mandatory 14-day quarantine, unless exempted under the Quarantine Act.

As of February 21, 2021, at 11:59 pm ET, travellers, unless exempted, will also be required to:

- reserve a government-authorized hotel for 3 nights prior to departure to Canada
- take a COVID-19 molecular test on arrival in Canada
- stay in the government-authorized hotel while awaiting the results of the COVID-19 molecular test taken on arrival
- pay for the cost of the hotel stay, as well as all associated costs for:
 - food
 - security
 - transportation
 - infection prevention and control measures

All travellers coming to Canada must present this information at the time of boarding. Failure to do so will mean an automatic denial of boarding by the airline operating the flight to Canada.

Anyone who receives a negative test result and is authorized to enter Canada must still complete the full, mandatory 14-day quarantine, unless exempted under the Quarantine Act

Pre-arrival Checklist:

1. Check travel regulations and restrictions
2. Ensure proper supporting documentation and medical insurance coverage
3. Arrange the most direct route to Vancouver
4. Develop a 14-day COVID-19 Self-isolation plan
5. Confirm your accommodation and transportation booking with your Admissions Coordinator at CDI College
6. Arrange Hotel booking to await COVID-19 test taken at port-of-entry in Canada at [Designated Hotel listed in Government of Canada Website](#)
7. Arrange Food, groceries and other personal items
8. Submit your information through the [ArriveCAN app](#)
9. Register your plans with CDI College travel.support@campus-support.ca to receive your travel support letter
10. Complete a COVID-19 test- either a molecular polymerase chain reaction (PCR) or Loop-mediated Isothermal Amplification (LAMP)—and must be conducted within **72 hours of the traveller’s scheduled departure to Canada.**

Pre-Arrival

- Review the CDI College COVID-19 International Student Safe Travel, Arrival and Quarantine Guide and the government website (<https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/students.html#exemptions>)
- Review this document (the COVID-19 International Student Safe Travel, Arrival and Quarantine Guide) thoroughly.
- Complete the Pre-Arrival Checklist:
 - <https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist>
- Book your quarantine accommodation. Public living areas should be avoided. As such, hostels and residences with shared living accommodations are not acceptable for quarantine or isolation
- Book your flight to Canada – based on the port of entry you will be required to remain in that city until you complete your COVID-19 test and receive your results
- Book your mandatory 3 day hotel stay at the designated locations per your port-of entry into Canada to await the results of your COVID-19 test upon arrival in Canada
 - You may only book your hotel to await your COVID-19 test upon arrival in Canada by phone:
 - 1-800-294-8253 (toll-free within North America)
 - **1-613-830-2992** (collect outside of North America)
- Arrange your own self- isolation arrangements in accordance with Government of Canada and Manitoba Public Health guidelines (<https://gov.mb.ca/covid19/soe.html>).
- Public living areas should be avoided. As such, hostels and residences with shared living accommodations are not acceptable for quarantine or isolation.
- Your accommodation must include your own private room, and if you must share a bathroom or kitchen, please ensure that only one person is in the space at one time
- You are not permitted to Quarantine with the vulnerable population as outlined by the Manitoba Government. **Vulnerable populations** may include:
 - Older adults, especially those who are more socially isolated under COVID-19. Infants and young children. People with chronic conditions, such as breathing difficulties or heart problems.
- You must clean and disinfect all exposed surfaces in shared kitchen or bathrooms before and after use.
- Please refer to this guideline for individual accommodation options for the 14-day quarantine period: (<https://orders-in-council.canada.ca/attachment.php?attach=39482&lang=en>)
- Purchase private medical insurance to cover your initial expenses upon your arrival. If you do not have a preferred medical insurance provided, kindly visit StudyInsured:
 - <https://www.studyinsured.com/cdicollege>

- Sign and return the COVID-19 International Student Safe Travel, Arrival and Quarantine Attestation. Bring a copy with you in your carry-on luggage and provide a copy to your College prior to departure.
- Email the signed Attestation and Request a letter of support for your travel from travel.support@campus-support.ca .
- Review and understand the self-isolation guidelines as outlined by Government of Canada and Provincial Public Health.
- Purchase a supply of reusable or disposable non-medical masks to bring with you.
- Download and complete the ArriveCan app a minimum of 48 hours before your departure.
 - [Download ArriveCAN for iOS](#)
 - [Download ArriveCAN for Android](#)
 - This will help speed up your arrival through Immigration Canada at the port of entry, meaning you will spend less time with the Border and Health Officers.
 - Continue to use the ArriveCan App to monitor your symptoms for the duration of the Quarantine period.
- Complete the Pre-Arrival Checklist
- Complete a COVID-19 test- either a molecular polymerase chain reaction (PCR) or Loop-mediated Isothermal Amplification (LAMP)—and must be conducted within **72 hours of the traveller’s scheduled departure to Canada**. If you test positive for COVID-19, you will not be permitted to enter Canada.
- **If you are ill, do not attempt to travel to Canada.**
- You are responsible for all costs that may occur during your Quarantine or extension of your Quarantine period.

When Travelling

- Passengers on all flights departing or arriving at Canadian airports will be required to demonstrate they have the necessary non-medical mask or face covering during the boarding process otherwise they will not be allowed to continue on their journey.
- When travelling by other modes of transportation, travelers are encouraged to wear non- medical masks or face coverings whenever possible.
- You should also bring, in your carry-on luggage, at least 2 masks, a travel-sized bottle of hand- sanitizer and disinfecting wipes.
- While en-route to your destination, you should also:
 - Practice social distancing/physical distancing.
 - Wash your hands frequently
 - Use hand sanitizer when necessary, and hand washing is not possible
 - Sanitize your personal space and high-touch areas such as seat belts and tray tables

- Touch as few surfaces as possible
- Keep your cell phone charged, in case of travel delays/changes Canada's legal restrictions for travelers returning to Canada are available [here](#).

Entering Canada

When arriving at the port must have the documents outlined under 'Packing' ready to provide to Canada Border Services. Students will also be required to undergo a screening by a border services or quarantine officer to assess travelers for symptoms. Should you have developed any symptoms while in transit you will be required to quarantine at your port of entry and may not travel onwards to Winnipeg until after you have been clearance to do so.

Upon Arrival

- Wear a fresh mask and wash/sanitize your hands
- Pick up baggage while maintaining physical distancing
- Exit the baggage area and go to the location you have previously arranged to meet your driver. You should sit in the back-seat passenger side, keep the windows down, and practice physical distancing at all times.
- Go directly to the place where you will isolate, do not stop anywhere, and stay in your place of isolation for 14 days from the date you arrived in Canada.
- You can take public transportation, but you must not make any unnecessary stops on your way home, and you must practice physical distancing at all times.
- You can take a ride-share (such as Uber), but you must not make any unnecessary stops on your way home.

Safe Transportation to Quarantine Accommodation

All returning international students arriving from east of Terrace Bay, Ontario must self-isolate (quarantine) for 14 days upon their return (information on travel restrictions can be found at: <https://manitoba.ca/covid19/protection/soe.html>). To get from the airport to where you are self-isolating, you are advised to:

- Avoid using public transit (i.e., the bus). Use a private vehicle, and remain in your vehicle. Do not make unnecessary stops. If you need gas, pay at the pump. If you need food, go through a drive-thru, ensuring you maintain a two-metre distance and avoid paying with cash. Do not stop for supplies or groceries. Ask friends to drop-off groceries and supplies, or use a delivery or pick-up service when you get home.
- Use of taxis or hotel shuttles by returning travelers who are not experiencing symptoms (e.g., cough, fever, sore throat, runny nose) of a respiratory illness is NOT recommended.
 - However, if you do not have access to a private vehicle, this could be considered provided you follow all requirements as outlined under the advice for vehicles

for hire (e.g., taxi drivers) and their passengers, specifically the requirement related to transporting one fare at a time (e.g. people from the same household).

- If you have symptoms of a respiratory illness (e.g., cough, fever, sore throat, runny nose) and do not have access to a private vehicle, call Health Links - Info Santé (Call 204-788-8200 in Winnipeg or 1-888-315-9257 toll-free elsewhere in the province.) - to assist with developing a plan to get to your place of isolation.
- Some airports offer services that allow a family member/friend to drop your vehicle/keys off at the airport for you to pick-up; contact the airport for more information.

Advice for vehicle for hire (e.g. taxi drivers, Handi-Transit) and their passengers:

- Screen all passengers for symptoms of COVID-19 or exposures prior to entering the vehicle. Passengers experiencing symptoms of a respiratory illness (e.g., cough, fever, sore throat, runny nose) that do not have access to a private vehicle, are advised to call Health Links - Info Santé to assist with developing a plan to get to a health facility. Drivers should do the following:
- Ensure you self-monitor yourself for symptoms before starting your shift. If you have symptoms (e.g., one or more of fever/ chills, cough, sore throat/ hoarse voice, difficulty breathing, loss of taste or smell, vomiting or diarrhea for more than 24 hours or two or more of runny nose, muscle aches, fatigue, pink eye, skin rash of unknown cause or nausea or loss of appetite) , do not work. Stay home and isolate (i.e., keep away from others).
- Consult Transport Canada's guidelines when considering a physical barrier between the driver and passengers. As an alternative to installing a physical barrier, leave the passenger seat and the seat immediately behind the driver unoccupied.
- Transport one fare at a time (e.g. people from the same household).
- Clean your hands before you pick-up each fare with an alcohol-based hand sanitizer.
- Open the vehicle windows (weather permitting) and use the vents of the vehicle to bring in fresh air from outside (avoid using the recirculated air option of the vehicle).
- Encourage passengers to use an alcohol-based hand sanitizer before entering the vehicle, and ask passengers to avoid touching the interior of the vehicle as much as possible.

Limit contact with passengers by:

- Requiring passengers to load and unload their personal belongings (e.g., suitcases, briefcases) by themselves; if this is not feasible and passengers require assistance, use an alcohol-based hand sanitizer before/after (un)loading passengers' personal belongings. and
- Requiring passengers to sit in the back seats only (if transporting one passenger, have them sit in the back, passenger side of the vehicle). The front passenger

seat should be vacant at all times. This may mean limiting the number of passengers you transport at one time, and may require additional trips.

Passengers with special needs who require a companion may sit next to their companion (treated as if they were from the same household). As applicable, passengers from different households should also maintain physical distancing (two metres) when lining up to get in the vehicle, and when exiting the vehicle.

- should a passenger require assistance getting in/out of the vehicle and/or with their seatbelts, limit the interaction to be as brief as possible, and use an alcohol-based hand sanitizer before/after assisting the passenger.
- Direct passengers to place all of their personal belongings in the trunk rather than in the back seat.
- Encourage cashless transactions.
- Clean and disinfect your vehicle after you drop off each fare with an alcohol (70 per cent) wipe, paying close attention to surfaces that are touched frequently (e.g., door handles, window controls, payment device). Where possible, use vehicles with interior surfaces that can be cleaned and disinfected easily (e.g. vinyl seats instead of fabric).
- Clean your hands after you drop off each fare with an alcohol-based hand sanitizer. You should also clean your hands before and after you eat as well as after you cough or sneeze.
- Provide a closed bin, lined with a plastic bag (i.e., plastic-lined garbage container) to enable the hygienic disposal of waste (e.g., used tissues).
- Everyone in the vehicle should avoid touching their face, practice good cough etiquette, avoid touching high-touch areas and clean their hands before and after getting on the bus

Advice for public transit drivers and passengers:

- People who are sick are advised to isolate and not take public transit; bus drivers are advised to not go into work.
 - Someone who requires medical assistance for a respiratory illness (e.g., one or more of fever/ chills, cough, sore throat/ hoarse voice, difficulty breathing, loss of taste or smell, vomiting or diarrhea for more than 24 hours or two or more of runny nose, muscle aches, fatigue, pink eye, skin rash of unknown cause or nausea or loss of appetite) who does not have access to a private vehicle, should call Health Links - Info Santé to assist with developing a plan to get to a health facility.
- Passengers are advised to follow social distancing measures, ensuring there is a two-metre distance between themselves and other people on the bus at all times, and should take the bus during non-peak times as much as possible for essential purposes only (e.g., picking-up groceries and supplies, reporting for work in-person).
- Everyone on the bus should avoid touching their face, practice good cough etiquette, avoid touching high-touch areas and clean their hands before and after getting on the

bus. Bus drivers are encouraged to clean their hands often, especially after coughing or sneezing, before and after eating, and after using the toilet.

- Winnipeg and Brandon Transit have advised that they have implemented enhanced, frequent cleaning and disinfecting on all of the buses. Information is available on precautionary measures Winnipeg Transit page. Visit the precautionary measures Brandon Transit has adopted, for additional information.

Advice for motorcyclists and passengers:

- If you or your passenger are sick, stay home and isolate.
- Limit passengers to individuals in your immediate household.
- Drivers and passengers should use their own personal helmet and gear (jacket, gloves, etc.); do not share helmets/gear or use someone else's helmet/gear.
- Drivers and passengers should clean/disinfect their own helmet and gear after each use.
- Drivers and passengers should clean their hands often, and regularly clean/disinfect high-touch areas of the motorcycle (e.g., controls, handlebar grips, etc.).

During Self-Isolation – 14 Day Quarantine

- Communicate with your Assistant Director of Admissions or the International Department via international@campus-support.ca
- Upon arrival on your first day, you will be required to complete a 'Quarantine Check-in' with your Assistant Director of Admissions
 - You will be asked if you are experiencing any symptoms of COVID-19, need assistance with your groceries or medication delivery and your mental health to ensure a safe completion of your quarantine period
 - The Quarantine Check-in will be completed by video call or regular phone call on a daily basis until your quarantine period is complete.
- International Student's in self-isolation will participate in an Orientation presentation to assist them with the integration to Canadian society and available resources
 - The orientation presentation is completed by the Campus Director or Assistant Director of Admissions to showcase the city and province to the student including;
 - Introduction to the Campus Staff and Roles
 - COVID-19 Testing locations
 - How to obtain a Canadian Cellphone
 - Mental Health resources [available here](#):
 - 24/7 supports for students in crisis: Clinic Crisis Line, **1-888-322-3019**
 - Virtual Therapy:
<http://www.manitoba.ca/covid19/bewell/virtualtherapy.html> or call 1-844-218-2955 to book your session

- Public health officials also require travelers to self-monitor for symptoms during the 14-day quarantine: (<https://sharedhealthmb.ca/covid19/screening-tool/>)
- Limit contact with others in the place of isolation.
- Stay in a separate room and use a separate bathroom from others in your home, if possible.
- Do not have visitors.
- Do not leave your place of isolation unless it is to get medical attention. Do not use public transportation (e.g., buses, taxis).
- Do not go to school, work or other public areas.
- Do not go into the community, including the grocery store and pharmacy.
- If you need groceries, medication or other essential items, arrange for orders to be delivered, have items left at the door to minimize contact. Please visit the following delivery services:
 - www.instacart.ca
 - www.skipthedishes.com
 - www.ubereats.com
 - www.youdrugmart.com
 - www.tachepharmacy.com
 - www.costcopharmacy.ca
- If you have to be in contact with others, practice physical distancing and keep at least 2 meters (6 feet) between yourself and the other person.
- Stay in touch with friends and family virtually via text, phone, FaceTime etc.
- If your classes have started, attend your classes through remote learning. If your program has, a face-to-face component be sure to advise your program coordinator that you are in Quarantine and will begin attending classes once you have completed your 14 days and are symptom free.
- Monitor your physical and mental health and reach out if you need assistance.
- Any non-compliance with the 14-day mandatory quarantine under the federal Quarantine Act means that students may be subject to fines and penalties established by the government of Canada and government of Manitoba, and could result in reporting of breaches to the Canadian Border Services.
- At the federal level, RCMP and local and provincial police can ticket travelers who break quarantine under the Contraventions Act, or charges can be laid against a traveler for breaking quarantine under the Quarantine Act, which can result in penalties of up to \$750,000 or up to 6 months in jail, or both.

If you develop COVID-19 symptoms:

- If you develop symptoms of COVID-19 (e.g., cough, fever, difficulty breathing), please contact your agent and/or international@campus-support.ca to find out how to get further care.

- If you are experiencing symptoms of COVID -19, take the online self-assessment: (<https://sharedhealthmb.ca/covid19/screening-tool>). Contact Health Links-Info Santé at 204-788-8200 or 1-888-315-9257. Do not call 911 unless it is an emergency.
- If you test positive for COVID-19, you must self-isolate for the 14-day quarantine period unless you require medical attention and/or hospitalization
 - Please refer to your purchased private medical insurance for eligible expenses
- If you or co-arriving immediate family members test positive for COVID-19 expect to be contacted by the Manitoba public health officials and will be required to:
 - Follow all further measures as set out by the public health official which may include self-isolating beyond the initial 14-day quarantine period
- If you test positive for COVID-19 while quarantining with an immediate family member(s), you are required to separate from the family member(s) and will need to self-isolate.
 - The family member(s) will need to move to another guestroom and you will monitored for symptoms for COVID-19 during wellness check-ins by the Assistant Director of Admissions at CDI College
 - Family member(s) who have been quarantining with a student that tests positive for COVID-19 should expect to be contacted by Manitoba public health officials and will be considered a close contact to the case, and may need to continue to quarantine beyond the 14-day quarantine period
- If a co-arriving immediate family members tests positive for COVID-19 while quarantining with you, the family member(s) will be separated from you and need to self-isolate, likely beyond the family member(s) initial 14-day quarantine period.
 - You will need to move into another guestroom, and will be monitored for symptoms of COVID-19 during the wellness check-ins by your Assistant Director of Admissions at CDI College.
 - You should expect to be contacted by Manitoba public health officials and will be considered a close contact to the case, and may need to continue to quarantine beyond the initial 14-day quarantine period.
- The unexpected guestroom and meal costs due to your family and your positive COVID-19 diagnosis will be your responsibility.
- Manitoba public health will contact all cases and contacts daily and perform active daily monitoring on cases and contact for the duration self-isolation and will advise each when the requirement ends.
- Students are reminded that quarantine (self-isolation) is a requirement of the Quarantine Act and is not optional.

Anti-Stigma Support

To support the mental health and well-being of our students we recommend the following [organizations available](#) in the student handbook and International student Orientation:

- 24/7 supports for students in crisis: Clinic Crisis Line, 1-888-322-3019
- Virtual Therapy: <http://www.manitoba.ca/covid19/bewell/virtualtherapy.html> or call 1-844-218-2955

Our colleges have also issued statements of anti-racism support and cultural/religious considerations, the following URL for your review:

- <https://www.cdicollege.ca/manitoba/connect/news/cdi-college-statement-on-anti-racism/>

Kindly see the below for more details to combat the Stigma you may experience:

- **WHO:** <https://www.who.int/docs/default-source/coronavi-ruse/covid19-stigma-guide.pdf>
- **Public Health Agency of Canada:**
- <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-testing-reducing-stigma.html>
- <https://www.canada.ca/en/public-health/corporate/publications/chief-public-health-officer-reports-state-public-health-canada/addressing-stigma-toward-more-inclusive-health-system.html>
- <https://www.canada.ca/en/public-health/corporate/organizational-structure/canada-chief-public-health-officer/addressing-stigma.html>
- **Canadian Center for Occupational Health and Safety:**
https://www.ccohs.ca/images/products/pandemiccovid19/pdf/preventing_stigma.pdf

Non-Compliance of with Quarantine 14-day Requirement

Any students that are non-compliant with the 14-day mandatory quarantine under the federal Quarantine Act will be subject to fines and penalties established by the government of Canada and government of Manitoba and could result in reporting of quarantine breaches to the Canadian Border Services Agency.

If a student or staff are non-compliant with the 14-day mandatory quarantine requirement as per the Quarantine Act, or is a confirmed COVID-19 Case, it must be reported to the Campus Director immediately.

- **Failure to Follow Guidelines – Students:**
 - Investigation of complaint by supervisor or emergency response team
 - Temporary suspension if the acts or omissions of any students violate the applicable Code of Conduct, occupational health and safety guideline or put others at risk.
 - Denied access to the premises
 - Student must provide negative COVID-19 test results before they can return to their College Campus

These guidelines are reflective of the severity of the current situation and our sense of duty to protect our staff, our students and visitors given the uncertainty with the COVID-19 pandemic. The virus is novel, as more and new information become available, the guidelines and phases will be updated accordingly.

After Quarantine / Self-Isolation

Continue physical distancing AFTER your self-isolation has ended – these recommendations apply to everyone:

- Keep at least 2 meters (6 feet) between yourself and other people. Where not possible wear a non-medical mask.
- Limit group gatherings.
- Connect via phone, video chat, or social media instead of in person.
- Avoid visiting elderly friends or relatives unless the visit is essential.
- Keep windows down for essential community trips via taxi or rideshares.
- While outside, avoid spitting in public, avoid crowds and maintain a distance of two meters (six feet) from those around you.
- Make an effort to step-aside or pass others quickly and courteously on sidewalks. Passing someone on the sidewalk is not considered close contact or a significant risk for exposure to COVID-19.

International Student Self-Isolation Plan Form - Attestation

During this challenging and unprecedented time, the staff at CDI College are here, as always, to support you through your journey before, during, and after your studies. We also follow the regulations and recommendations of various authorities, including the Government of Canada, and the public health authorities as your health and safety are our priority.

On March 24, 2020, the Government of Canada has put in place an [emergency order](#) under the *Quarantine Act*. It applies to all travelers arriving in Canada to control the spread of COVID-19, and failure to comply with this order is an offence under the [Quarantine Act](#).

When you arrive at the border, you will need to demonstrate to the Canadian Border Services Agency officers why your trip is essential at this time. Please bring a copy of your Travel Support Letter issued by the college when you travel. If you do not have your Travel Support letter yet, please e-mail with your signed Attestation form to travel.support@collegecdi.ca . prior to your travel.

You also need to have an adequate plan to quarantine for two weeks. An adequate plan includes a plan to get from the airport to your self-isolation location with no stops, a location where you can safely self-isolate in accordance with the [Public Health guidelines](#), and plans for how you will access food and any other necessities required during your self-isolation. Failure to satisfy the Canadian Border Services Agency officers with an adequate plan may result in being denied entry to Canada, or having to carry out quarantine in a government-approved facility.

In order to ensure that students have appropriate self-isolation plans in place, we ask that you complete and sign the below form and return it to travel.support@collegecdi.ca prior to your travel. You should use this information when completing the questions in the [ArriveCan](#) App and we recommend that you bring a copy of this form with you when travelling.

Personal Information

Name [First, Last]:

Date of birth (yyyy/mm/dd):

Student ID#

Country of origin:

Passport number:

Home address (Home country):

Arrival information

Arrival date:

Port of entry into Canada:

Arrival from:

Arrival by (airline name and flight #):

Check the box below to confirm:

I have made and confirmed my own arrangements to self-isolate (quarantine) for 14 days upon arrival in Canada.

Self-Isolation Address and Phone Number:

I confirm that the following are provided by the self-isolation location, or that I have made arrangements for these:

- Transportation to the self-isolation location
 - 3 meals/ day, delivered to my room or groceries delivered to me and kitchen facilities
 - Access to needed toiletries, linen, cleaning supplies, etc.
 - Access to a mobile phone and internet.
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I, _____, confirm that I understand the importance of the quarantine procedure upon arrival in Canada, and will follow all requirements provided by the Government of Canada, for a full 14 days after my arrival in Canada.

Signature: _____ Date: _____