

International Student Safe Travel, Arrival and Quarantine Guide

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.

Currently, only international students whose study permits were approved on or before March 18, 2020 are approved to travel to Canada. No other international students are approved to travel to Canada at this time. Additionally, IRCC states that travelers to Canada should be travelling for an essential (non-discretionary) 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.

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.

International Student Checklist:

1. Check travel regulations and restrictions
2. Ensure proper supporting documentation and medical coverage
3. Arrange the most direct route to Winnipeg
4. Develop a 14-day COVID-19 Self-isolation plan
5. Arrange Self-isolation accommodation
6. Arrange direct transportation to your place of self-isolation
7. Arrange Food, groceries and other personal items
8. Submit your information through the ArriveCAN app, and to the Provincial Government
9. Register your plans with CDI College

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>)
- Register 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.
- Complete the International Student Self-Isolation Plan Form. Bring a copy with you in your carry-on luggage and provide a copy to your College prior to departure.
- Request a letter of support for your travel from travel.support@collegedci.ca .
- Sign and return the COVID-19 International Student Safe Travel, Arrival and Quarantine Attestation.
- 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.
 - [Download ArriveCAN for iOS](#)
 - [Download ArriveCAN for Android](#)
- Complete the Pre-Arrival Checklist
- **If you are ill, do not attempt to travel to Canada.**

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.

During Self-Isolation – 14 Day Quarantine

- Communicate with the International Department via international@collegedcdi.ca
- 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>)
- 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.

- 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 self-isolation 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@collegcdi.ca to find out how to get further care.
- Most people with mild symptoms will recover on their own at home.
- If you are experiencing symptoms of COVID -19, take [the online self-assessment: \(https://sharedhealthmb.ca/covid19/screening-tool\)](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.
- Students are reminded that quarantine (self-isolation) is a requirement of the Quarantine Act and is not optional.

After 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.

Public Communications Protocols

Manitoba and local public health officials have established public communications protocols for COVID-19 outbreaks (i.e., when to issue public notification and with what level of detail). They will be responsible for notifying the community, and, as needed will work with institutes on any public communication. The communication notifying the community will be done following the lead of local and provincial health officials.

While on Campus

In view of the current situation with Covid-19, revisions to the dental clinic protocol have been made to meet the unique requirement of the CDI Dental Assisting Program and will take effect immediately, until further notice. In addition to the existing MDA Infection Control Manual and the CDI clinic policies, these interim policies have been updated based on currently available information about COVID-19 and the current situation on the date of the document writing. Since Covid-19 is an emerging disease, new knowledge and guidance may change as the situation evolves and will be communicated as they become available. The recommendations contained in this document are referenced from the MDA Interim IPC Guidelines Related to Covid-19 Management of May 4th, Shared Health Manitoba, Centre for Disease Control, Health Canada and other relevant scientific publications. The protocols are applicable to address asymptomatic and pre-symptomatic transmission, implement source control for everyone entering the CDI dental facility (faculty, students, patients, visitors) regardless of symptoms. The recommendations are in place to help prevent transmission from infected individuals who may or may not have symptoms of COVID-19.

ROUTINE PRACTICES

POINT OF CARE RISK ASSESSMENT (PCRA)

Prior to any student, instructors and patient interactions, students and instructors have a responsibility to assess the infection risks posed to themselves, others, patients and visitors.

Initial Interaction

- The night prior to attending in-person class/clinic session, all individuals **MUST** complete a Point of Care Risk Assessment Questionnaire and email the completed form to the instructor.
- On the designated in-person class/clinic day, the Point of Care Risk Assessment **MUST** be completed on-site before anyone will be allowed to enter the clinic. A non-contact temperature scanner will be used to take the body temperature.

Special Considerations for Patients at Higher Risk for COVID-19

Special considerations may be indicated for certain patient populations that have a higher risk of severe illness from COVID-19. This group includes patients 65 years of age and older and those with serious underlying medical conditions or who are immunocompromised. The most commonly reported underlying medical conditions associated with COVID-19 are cardiovascular disease including hypertension, obesity, chronic lung disease, and diabetes mellitus.

As an added precaution, non-urgent in-person care at the CDI dental facility to these high risk patients is currently suspended. Preventive plan i.e. Oral Hygiene Instruction (OHI) is encouraged to be provided via video conference under the supervision of a dental faculty.

Student/Instructor Daily Screening

- Follow up questions regarding the following will be asked prior to attending in-person sessions:
 - Covid 19 questions from the PCRA
 - Fever or feeling feverish (chills, sweating).
 - Shortness of breath (not severe)
 - Cough
- Instructors and students attending the class/clinic must provide daily health screening check and must be logged using the Daily Screening Log sheet

*Individuals who have symptoms of acute respiratory illness are recommended to notify their program leads (for faculty) and instructor (for students) and stay home until they are free of fever ($>38^{\circ}\text{C}$ [100.4°F]), have signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants).

HAND HYGIENE

Appropriate hand hygiene is one of the most effective measures to protect yourself against all infections, including COVID-19.

- Wash your hands often with plain SOAP and WATER for at least 20 seconds.
- 70% Alcohol-based hand sanitizers are available in the dental clinic and may be used if hands are NOT visibly soiled.
- Frequent handwashing must be performed as necessary.
- Hand hygiene after removing PPE is particularly important to remove any pathogens that might have been transferred to bare hands during the removal process.
- Assigned hand washing sinks **must** be used only for this purpose.

DO NOT touch your eyes, nose or mouth with unwashed hands.

Respiratory hygiene/Cough etiquette must be observed at all times.

CLINIC ATTIRE

- Clinic uniform must be worn only while in the clinic. To limit cloth borne pathogens in at the campus, students wear their scrubs under their outerwear/street clothes. Upon arrival at the dental clinic, students are provided with a plastic bag. Students remove their outerwear and place them in the plastic bag and seal it. At the end of the day, students are to put their outerwear/street clothes over their scrub uniform. Students **must not** leave the campus in their clinic uniform only. Clinic attire must be washed with regular laundry soap and hot water (60-90°C), and dry well.
- Only clinic shoes are allowed in the clinic. Clinic shoes must be disinfected before and after entering the clinic.
- Students are required to wear a warm-up jacket at all times while outside the clinic only; warm-up jackets must be worn anytime students need to leave the clinic. There is a designated area in the clinic where students can hang the jackets should they need to leave the clinic.

PATIENTS AND VISITORS

Patients and visitors should, ideally, be wearing their own cloth face covering upon arrival to the dental clinic. If not, they should be offered a facemask or cloth face covering as supplies allow, which should be worn while they are in the clinic. They should also be instructed that if they must touch or adjust their cloth face covering they should perform hand hygiene immediately before and after. Patients may remove their cloth face covering when they get to the dental chair but should put them back on when leaving the room. Patients will be asked to place their personal belongings and coats inside a plastic bag prior to entering the clinic. Patient must seal the bag and take it to his/her assigned operatory.

Patients are not allowed to bring companions to their appointment, except for instances where the patient requires assistance (e.g., pediatric patients, people with special needs, etc.). If companions are allowed for patients receiving treatment, they should also complete the PCRA.

PHYSICAL DISTANCING

- Both instructors and students must observe a 2-meter physical distancing, when necessary
- Instructors must use appropriate PPE's to observe/ instruct and/or evaluate students.
- Students must have appropriate PPE's during peer practice and evaluations.
- There will be markers identifying a 2-meter distance, as well as one-way traffic directions, in the clinic.

Aerosol Generating Procedures

Aerosol-generating procedures are defined as medical and dental procedures that result in the production of airborne particles (aerosols) that create the potential for airborne transmission of infections that may otherwise only be transmissible primarily by the droplet route.

Dental Assisting Sources of Aerosol Generating Transmissions

- High Speed handpiece
- Low Speed handpiece
- Air and water syringe
- Ultrasonic cleaner
- Model trimmers

ALL AGP's on patient (student and out-patient) procedures are suspended until further notice.

OPERATORY GUIDELINES

- Peer and patient must be given a mandatory pre-rinse with peroxide at a minimum of 1% concentration for 60 seconds and expectorated on the same cup before starting any procedure. (e.g. Colgate Peroxyl)
- No paper material of any kind should be in within spatter zone of the operatory during treatment that uses sprays or aerosols, all documents or sheets should be collected by the reception table.
- Paper charts must be covered by barrier should they be required chairside. Barriers must be disinfected after use.
- Four-handed dentistry must be utilized in all chairside AGP's

PERSONAL PROTECTIVE EQUIPMENT (PPE)

Subsequent to Manitoba's Supply Management and Stewardship Planning and Guidance, due to the critical demand of PPE's, supplies must be optimized as much as reasonably possible without compromising individual's health and safety). Prioritize the use of PPE's by activity type. Judicious and appropriate use will help with supply management.

Eye/Facial Protection:

- Students and faculty must wear protective glasses **at all times** while in the dental clinic.
- Eye protection must be worn over prescription eye glasses.
- Protective eye wear should be put on after putting on a mask.
- Protective eyewear must be washed and disinfected prior to use, between procedures/patients, and after use. Adhere to recommended manufacturer instructions for cleaning and disinfection
- Follow instructions on cleaning and disinfecting eye face shields

Masks:

- Mask must be worn **at all times** while in the dental clinic. A new mask must be worn at the start of each procedure and changed for every patient, or when it is soiled.

N95 Filtering Face Piece Respirators (FFR)

- N95 Filtering Facepiece Respirators (FFR) are limited to patient care AGP's only. FFR's must be test fitted for maximum effectiveness. Proper donning and doffing of respirator must be performed. Seal check must be performed after donning of respirator.
- Unless contaminated during donning and doffing, FFR's can be re-used. Used FFR should be placed in a breathable bag at the end of the day for re-use.
- To optimize use of respirator, cover N95s with surgical masks that are changed after each patient encounter

* Due to critical shortages of personal protective equipment (PPE) during the COVID-19 response, decontamination of N95 respirators for reuse is being considered as a strategy to ensure the continued availability of these devices.

- For AGP's, if a respirator is not available, a combination of a Level 3 surgical mask and a full-face shield must be used.

Gloves:

- Overgloves must be worn to handle clean items at all times in the clinic.
- Examination gloves must be worn when performing any procedure.
- Utility gloves must be worn during clean-up and to handle contaminated items.

Disposable gowns:

- In addition to the current policy on the use of disposable gowns during instrument decontamination, disposable gowns must also be used for any AGP patient care procedures.

Disposable head covering (e.g., bouffant, surgical cap)

- Disposable head covering is restricted to coronal polishing procedures on peer and patients.

Non-Aerosol Generating Treatment (non-AGP):

- ASTM Level 3 mask or fitted N95 mask or equivalent, if available
- Face Shield or protective eyewear with side shields.
- Gloves.

Aerosol Generating Procedure(AGP):

- Fitted N95 mask or equivalent
- Eye protection (ie: goggles or face shield)
- Gloves
- Fluid resistant gown
- Booties
- Bouffant/surgical cap

Disinfection of Housekeeping Surfaces

- Dexters and Fletchers must be disinfected before and after use and must be handled with appropriate PPE.
- High touch office surfaces below must be frequently cleaned and disinfected:
 - telephone handsets, mobile phones
 - keyboards
 - mouse
 - table and desk tops
 - door knobs/handles
 - light switches

Disinfection of all clinical touch surfaces and dental equipment, and sterilization of all instruments, must be performed as directed.