

## **Quarantine Supports for International Students Arriving to Canada**

All information shared in this document is subject to change. As such, we advise that you always check webpages for both the Government of Canada and Alberta. These webpages will have the most current information.

All students arriving to Canada are required to self-isolate (quarantine) for 14 days when they arrive in Canada. This is MANDATORY; You MUST do this, even if you do not have symptoms.

To see more information from the Government of Canada click [HERE](#). To see information from the Alberta government, click [HERE](#).

### **Full Entry Requirement Process for Canada**

1. Beginning February 3, 2021, you must provide proof of a negative COVID (PCR) test no older than 72-hours of the departing flight into Canada.
2. Beginning February 22, 2021, you must pre-book a 3-day stay at an authorized quarantine hotel at your own expense. This must be done before departing.
3. You can only arrive at the Toronto, Montreal, Calgary and Vancouver airports.
4. The **ArriveCAN** app must be downloaded and all required information filled out.
5. You will be given a COVID (PCR) test upon arrival at the airport.
6. You will go directly to their pre-booked quarantine hotel from the airport. There will be NO stops.
7. You will be released on Day 3 if your test is negative. If your test is positive, you will be transferred to a government quarantine facility.
8. If your test is negative you can proceed directly to your quarantine location (home, rental, approved friend/family home, hotel) for the remaining duration of the 14-day quarantine.
9. You are required to take another COVID (PCR) test near the end of your quarantine.

To see more information on this, please click [HERE](#).

### **Hotel Quarantine for Air Travellers** (Effective February 22, 2021)

When you arrive in Canada, you are able to fly into Vancouver, Calgary, Toronto, or Montreal only. You are required to book a government approved hotel. Expect to spend the first three days of your quarantine at a supervised hotel while waiting for the results of a mandated COVID (PCR) Test. This usually takes up to 72-hours.

You must book the supervised hotel stay for you, and your family if they travel with you. The costs of the hotels vary but expect that it will cost \$2000.00 per person. This will cover the cost of the hotel, meals, cleaning, infection prevention, and security, as well as transportation. They will shuttle you from the airport to the supervised hotel.

If your test is negative, you can then take a connecting flight to your final destination. You still MUST quarantine for a full 14-days. You MUST have a quarantine plan for the remaining days.

If your test is positive for COVID, you will be moved to a designated quarantine facility.

If you do not book an approved hotel to quarantine while you wait for your COVID test results, expect to be fined up to \$3000.00 per day (for each person) under the Quarantine Act.

### How to Book a Quarantine Hotel (as of February 18 2021):

Hotels must be within 10 Kilometers of the international airports currently accepting flights from abroad. In Calgary, there are two hotels: *Acclaim Hotel* and *Calgary Airport Marriott In-Terminal Hotel*.

To book your quarantine hotel:

- Call 1-800-294-8253 (within North America) or collect call 1-613-830-2992 if you are outside of North America
- Hours of operation for calls: 8:00 a.m. to 11:00 p.m. (ET), 7-days a week
- Please know that there are currently LONG WAIT TIMES to book your hotel
- Do NOT call these hotels directly. You MUST book through the approved booking schedule.
- You will pay for your hotel stay at this time.
- You must provide the following information:
  - Traveler name(s); date(s) of birth, gender (male, female, undisclosed); arrival city and date; payment information; special requests and accessibility concerns; pet information; email address
- You will receive an email confirmation of your accommodation within 4-hours of booking

Please click [HERE](#) to view hotels at other Canadian locations and to see the rules at the Quarantine Hotel.

### **When You Arrive in Canada**

Every traveler to Canada must have a quarantine plan. When you arrive in Canada you MUST show government officials your quarantine plan. If you have family travelling with you, the plan must include them too. You must show that you have:

1. A plan to quarantine – where you and your family will stay when you quarantine for 14-days
2. Transportation – to your quarantine place; you must show how you will be safe during travel
3. How you will get food and other household needs – how will you get groceries and/or medications?

**Let's look at each of these.**

### **Place to Quarantine**

Your place has to be somewhere you (and your family):

- Is safe for at least 14 days
- Can get food and water, and medications, if needed
- Will have NO contact with people who are vulnerable (people over 65 years of age and/or those with underlying medical conditions)

### **Options to Quarantine:**

1. Portage College's student residence or other suitable accommodations provided by Portage College, including transportation from Edmonton International Airport to accommodations provided.

Portage College will adhere to all compliance measures instituted at the time by the government.

Our Transportation will adhere to the following specific requirements:

- Both students and the driver must wear masks while in transit
- The student must sit as far away as possible from the driver
- The student must not share the ride with other students unless the vehicle is large enough for them to maintain 2 metres distance between them.
- The student must handle their own luggage
- The student must not make interim stops on the way to the quarantine location, unless they are for essential needs. In this case, the student should remain masked for the entire stop and stay 2m away from all others

Portage College Student Housing will provide supports, including food and essential supplies, to students and their co-arriving family members during the mandatory 14 day quarantine period.

International students will be required to notify Portage College should they develop COVID-19 symptoms.

International students and co-arriving family members housed in Portage College student residence will be monitored by Portage College's Office Student Housing. Portage College's Student Housing will complete the following:

- Engage with international students to confirm that they and their co-arriving family members are COVID-19 symptom free;
- Engage with international students and co-arriving family members to ensure they are aware of individual COVID-19 infection control practices in accordance with AHS public safety measures;
- Facilitate a mandatory Portage College COVID-19 student safety orientation for international students;
- Work with international students and co-arriving family members to ensure they have an adequate isolation plan for the mandatory 14 day quarantine period;
- Ensure that students and co-arriving family members have access to medical care as required; and,
- Perform a daily wellness check on international students and co-arriving family members throughout the mandatory 14-day quarantine period, including monitoring for COVID-19 symptoms and ensuring compliance with quarantine requirements. These check ins will be done by phone.

International students will be required to participate in a mandatory Portage College international COVID-19 student safety orientation.

International students will have access to Covid-19 updates and information through the College's Portage Alert app. This app will provide:

- *Regular Covid-19 updates.*
- *Students will have access to support resources, including student council.*
- *Emergency contact information.*

2. A residence that you own or are renting

3. A family or friend's home –

- you must have your own space for your belongings
- private kitchen and bathroom
- private outside area
- any shared areas must be sanitized before and after each use
- avoid physical contact with anyone you did not travel with
- wear non-medical mask in shared spaces
- you cannot share any household items (cups, spoons, towels, remote controls, etc.)
- you cannot be in a home with anyone who is vulnerable (over 65 years old and/or those with underlying medical conditions)

### **Transportation to your Quarantine Place**

Should you decide to stay somewhere other than Portage College provided accommodations, you must have organized transportation and be able to show that you have a plan. You must go from the airport directly to your place of quarantine.

YOU MUST	YOU MUST NOT
✓ Travel directly from the airport	x Stop anywhere along the way – no grocery shopping
✓ Always wear a mask	x Take public transportation – no bussing; no other people are permitted in the vehicle – just you and the driver
✓ Have it pre-planned before your trip to Canada	x Have contact with anyone you didn't travel with

[CLICK HERE](#) for all taxi information at the Edmonton Airport.

## Getting Food and Other Necessities

Should you decide to stay somewhere other than Portage College accommodations, you will be responsible for organizing food for your quarantine period.

During your 14-day quarantine you CANNOT:	
X	Go to the Grocery Store
X	Go to any restaurants
X	Pick up anything from the pharmacy
X	Go to a public laundry service

Here are some options for food and other necessities.

Food Options in Edmonton:

- [SPUD.CA](http://SPUD.CA)
- [Instacart.ca](http://Instacart.ca)
- [Save On Foods Delivery](http://Save On Foods Delivery)
- [Hello FRESH](http://Hello FRESH)
- [Skip the Dishes](http://Skip the Dishes)

Pharmacy Options in Edmonton:

- [TEC Edmonton](http://TEC Edmonton) – free same-day delivery
- [Rexall](http://Rexall) – take 3-5 business days

Laundry Option in Edmonton:

- [Personal Laundry](http://Personal Laundry)
- [Page the Cleaner](http://Page the Cleaner)

Finally:

<b>Do's</b>	<b>Don'ts</b>
✓ Stay in your quarantine place	X Stay in a place with vulnerable people
✓ Stay on private property if outside	X Leave your place of quarantine – unless it is a medical emergency
✓ Practice physical distancing	X Have guests
✓ Wear a mask if you cannot physically distance	X Share household items with people who did not travel with you
✓ Wash your hands often; sanitize when you cannot wash your hands	X Use public transit

If Health Protocols are not followed:

Under the Quarantine Act, if you do not follow the rules when you enter Canada, you could end up with:

- 6 months in prison OR
- \$750,000 in fines OR
- Both

As well, a person who causes risk to another person because they willfully and recklessly disregard the Quarantine Act or the regulations, could be:

- Fined up to \$1,000,000 OR
- Imprisoned for up to 3 years OR
- Both