

International Student December 2020 Pre-Departure & Arrival Guide



Keeping Yourself and Others Safe During COVID-19

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Contact Us

International Education, District School Board of Niagara
191 Carlton Street, St. Catharines, Ontario L2R 7P4 Canada
905-641-2929 ext. 54176

international@dsbn.org dsbn.org/international

***Must be completed prior to arriving in Canada.**

Airport/Flight: Best Practices

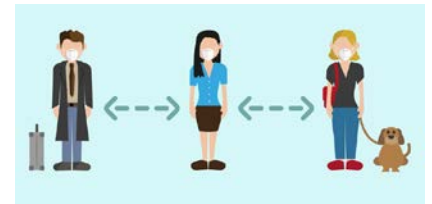
Wearing a Mask/Hand Washing

Remember to wear a mask at all times. Wash your hands before you board the airplane and bring hand sanitizer to use as often as you can during the journey.



Practicing Social Distancing

It is important to try to keep your distance from other people. You should try and keep at least 2 metres from other people as much as possible. When not possible, make sure to have your mask on.



Keeping Safe

Keep your cell phone charged in case you need to contact your host family. Bring some snacks in your carry-on bag because the restaurants in the airport may not be open or there will be long lines. When you get to your airplane seat remember to wipe down your area, especially the TV screen, if there is one, the folding table and armrests. Don't be embarrassed...Everyone is doing it!



Arriving in Canada

You finally made it to Canada! We are sure you are excited to begin your Canadian experience in Niagara. As you get ready to go through Canadian Immigration, remember to do the following:

- Text your custodian, host family or homestay coordinator when you land so they know you have arrived;
- Have your Self-Isolation Plan printed and ready to show to the immigration officer;
- Have a copy of your host family profile;
- Have a copy of your LOA (Letter of Acceptance) from the District School Board of Niagara;
- **Very important:** Don't forget to get your Study Permit from the immigration officer if you need one;
- Meet the person picking you up on the other side of the Arrivals Gate at the spot designated ahead of time.
- If there are any issues involving transportation from the airport to your homestay address, contact our International Education office.



Self-Isolation/Quarantine

Government Rules and Communication

In Canada and Ontario everyone has worked hard to keep COVID-19 manageable. We did this by following some important rules from the government. When you get to your new home you must self-isolate for 14 days. This means you should stay in your room and avoid direct contact with your host family and others.

The governments of Canada and Ontario want to make sure all new arrivals to Canada are safe and healthy. To do this they will call you or your host family to make sure you are self-isolating and following the rules. You must be prepared to answer a call (or calls) from 1-855-906-5585 or 1-613-221-3100.



If you choose to contravene the Quarantine Act, relevant local, provincial and federal law enforcement authorities will be contacted. Additionally, any contravention will result in the re-starting of the quarantine period.

Student Responsibilities – Quarantine Costs

Additional costs related to the homestay during the quarantine period will be borne by the student. The homestay provider commits to informing the student of these additional costs prior to departure.



Student Responsibilities – Isolation Protocols

To keep you and your host family safe while you are self-isolating, it is important that you stay in your room. You may leave your room to go to the bathroom.

Remember to keep your room clean and practice good hygiene. Some examples are washing your hands often, showering every day, cleaning the bathroom after using it, covering your mouth and nose with your elbow when you cough and sneeze and keeping your room clean.

Following the 14-day quarantine, you and your homestay provider must arrange for a COVID test through a local clinic and share the results of your test with our International Education office before attending school. Your homestay provider will transport you to and from the test with safety protocols in place.

Your homestay provider commits to continue to provide necessary quarantine supports if there is an extension of the quarantine period.

What to Do During Self-Isolation

Stay Connected

Contact your friends and family when you are self-isolating. Check with your host family to make sure you have access to wi-fi. It is important to check your email regularly because your school might try to contact you.

Monitor your Mental Health

Being in a new country is exciting but being in self-isolation may be challenging. Communicate with your host family regularly and let them know how you are feeling. We are all here to support you!

Physical Health

Staying active during self-isolation! Exercise at home. Try to go to bed at a reasonable hour and don't stay up all night. Eat nutritious meals and snacks. If you require support with quarantine meals, please contact our International Education office.



Resources

Toronto Pearson International Airport Health Measures

<https://www.torontopearson.com/en/healthy-airport/measures-in-place-in-re-sponse-to-covid-19>

Public Health Ontario

<https://www.publichealthontario.ca/>

Government of Ontario

<https://covid-19.ontario.ca/index.html>

How to Self Isolate – Public Health Ontario <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19- how-to-self-isolate.pdf>

Government of Canada – COVID-19 Travel Restrictions

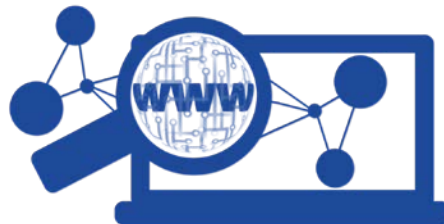
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavi- rus-infection/latest-travel-health-advice.html#ua>

Ontario Ministry of Education

<https://www.ontario.ca/page/ministry-education>

BC Self-Isolation Plan Form (for reference only)

<https://travelscreening.gov.bc.ca/>



Contact Us

International Education

District School Board of Niagara

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905-641-2929 ext. 54176

international@dsbn.org

dsbn.org/international



International Student Travel and Arrival Protocol Form

December 2020 – COVID-19

We look forward to welcoming you to Niagara in September 2020. We must ensure the health and safety of all of our students, staff and host families during the COVID-19 pandemic. The following protocol form will outline the expectations of our governments and health authorities. You must follow these expectations to participate in school.

Please go over each line of this protocol form and check each point to indicate you understand, agree and will follow that guideline.

Pre-Departure:

- Contact host family to discuss expectations and email/text them a current photo of you
- Provide arrival information and exchange contact information (cell, email)
- Read *How to Self-Isolate after Travel* when you live with others as well as the *Daily Self-Monitoring form for COVID-19* from the [Government of Canada website](#)
- Complete, print and email the mandatory Self-Isolation Plan to international@dsbn.org
- Download and register using the ArriveCAN App (iOS and Android)
- Pack a minimum of 30 disposable and 2 or more cloth face masks, one large bottle of hand sanitizer, one box of nitrile gloves, and if possible, a thermometer
- In carry on, pack the following:
 - Passport and Study Permit/Confirmation document;
 - Custodianship documents and Letter of Acceptance;
 - Host family profile and contact information;
 - Copy of this document signed by yourself and your parents;
 - Printed self-isolation plan form;
 - 2 masks, 3 pair of gloves, travel-sized hand-sanitizer, disinfecting wipes.

Airport:

- Wear mask and gloves.
- Wash hands frequently and use hand sanitizer.
- Practice social distancing and touch as few surfaces as possible.
- Sanitize your personal space and minimize washroom trips.
- Keep cell phone charged.
- Bring your own food and refillable water bottle.
- Change your mask each time you change planes/airports.

Please complete pages 8-12 of this guide and submit to international@dsbn.org BEFORE arriving in Canada.



International Student Travel and Arrival Protocol Form

December 2020 – COVID-19 (continued)

Arrival in Canada:

- Contact host family/custodian/homestay coordinator and confirm pick up point.
- Wear fresh mask and gloves.
- Have all documents ready to proceed through immigration.
- Maintain physical distancing when picking up luggage.
- Load your own luggage into the car and sit in back seat if possible.
- A mask will be required in all school buildings and in all indoor public spaces (e.g. stores).

In your Home or Homestay – Self-Isolation:

- You are required to self-isolate for 14 days. Stay in your room and avoid contact with others.
- When you arrive to your host family's home immediately remove your travel clothes and place them in a plastic bag.
- Your host family will provide you with food, clean linens, a comfortable room and internet access.
- Keep your room well ventilated and clean – open your window to allow air circulation.
- Practice good hygiene and use a separate bathroom if possible.
- Clean the bathroom after every use.
- Stay connected with friends and family by phone or internet.
- Monitor your physical and mental well-being. Complete Page 14 daily and submit on Days 7 & 14.
- Empty garbage frequently, wash hands after.
- Follow your host family's advice for doing laundry.
- Keep personal items separate from those belonging to others.
- Ask for help from your host family or custodian if you need it.
- At the end of the quarantine, arrange for a COVID test.
- Contact the International Education office at DSBN to share the results of your COVID test
- Date of COVID test: Result:

Continued...

Please complete pages 8-12 of this guide and submit to international@dsbn.org BEFORE arriving in Canada.



International Student Travel and Arrival Protocol Form

December 2020 – COVID-19 (continued)

Please read, check boxes to indicate your agreement, sign and date.

- By signing below, I affirm that I have read in full, understand, and agree to comply with the expectations in this document. I clearly understand that if I do not follow these expectations, I risk being dismissed from the academic program.
- Self-Isolation is a requirement of the Quarantine Act and is not optional. Students who are in private homestay arrangements or with parents must also self-isolate for 14 days.

Parent/Guardian: I am aware of the student’s requirements to comply with the Government of Canada’s **Quarantine Act** and the serious consequences/penalties for not complying with the Act. I understand that students and parents are responsible for any government-imposed fines incurred due to breach of the Quarantine Act and regulations from the Governments of Canada and Ontario.

- I have registered using the ArriveCAN App for presentation at the airport upon arrival in Canada.
- 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.

| | | |
|---------------------------------|--|------|
| Student’s Legal Name (Printed): | | |
| Student’s Signature: | | Date |

| | | |
|---------------------------------------|--|------|
| Parent/Guardian Legal Name (Printed): | | |
| Parent/Guardian Signature: | | Date |
| Relationship: | <input type="checkbox"/> Father <input type="checkbox"/> Mother <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Other (please specify) | |

| | | |
|---------------------------------------|--|------|
| Parent/Guardian Legal Name (Printed): | | |
| Parent/Guardian Signature: | | Date |
| Relationship: | <input type="checkbox"/> Father <input type="checkbox"/> Mother <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Other (please specify) | |

Personal information and personal health information on this form is collected, used and disclosed in accordance with the *Education Act*, R.S.O. 1990, c.E.2, as amended, the *Municipal Freedom of Information and Protection of Privacy Act*, R.S.O. 1990, c.M. 56, as amended and the *Personal Health Information Protection Act*, 2004, c.3 Sched. A. and will be used for the purpose of ensuring adhesion to the Quarantine Act, 2020 and any similar or related purpose(s). Questions about this collection, use and disclosure should be directed to the Freedom of Information Coordinator, District School of Niagara, 191 Carleton Street, St. Catharines, ON L2R 7P4 905-641-1550.

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Self-Isolation / Quarantine Plan

Student Information

| | | | |
|--------------|-----------|--------------------------|-------------|
| First name | Last name | Date of birth (YY/MM/DD) | |
| Phone number | Email | | |
| Home address | City | Province or territory | Postal code |

Primary Contact Information in Canada

| | | | |
|--------------|---|--------------------------|-------------|
| First name | Last name | Date of birth (YY/MM/DD) | |
| Phone number | Relationship(custodian/homestay /family/relative) | Email | |
| Home address | City | Province or territory | Postal code |

Travel Information

| | | | | |
|---|-----------------------------|--|-----------|--------------------------|
| Are there additional travelers in your group? <input type="checkbox"/> Yes <input type="checkbox"/> No | | Additional Travelers <i>(please list all additional travelers)</i> | | |
| ➔ If Yes, please fill in chart to the right | | First name | Last name | Date of birth (YY/MM/DD) |
| Arrival Date (YY/MM/DD) | Arrival From (City/Country) | | | |
| Arrival by <input type="checkbox"/> Air <input type="checkbox"/> Sea <input type="checkbox"/> Ground | | | | |
| Airline / Flight number (if applicable) | | | | |

Continued on next page...

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Self-Isolation / Quarantine Plan (continued)

Quarantine / Self-Isolation Plan

| |
|--|
| Do you have accommodation arrangements for your self-isolation period? Yes <input type="checkbox"/> No <input type="checkbox"/> |
| If yes, at what address and in which city will you be completing the 14-day quarantine / self-isolation period? Address: _____ City: _____ |
| If yes, indicate type: <input type="checkbox"/> With homestay family <input type="checkbox"/> With a parent or relative <input type="checkbox"/> Commercial (Hotel) |
| Do you need accommodation assistance to self-isolate from anyone who is over 60 years old or who has heart disease, high blood pressure, asthma or other lung disease, diabetes, cancer, immune suppression or is taking prednisone medication? Yes <input type="checkbox"/> No <input type="checkbox"/> |
| Have you made the necessary arrangements for your 14-day self-isolation period? (eg. food, medication, etc) Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, please describe (be specific) _____ _____ _____ |
| What form of transportation will you take to your quarantine / self-isolation location? <input type="checkbox"/> Private vehicle <input type="checkbox"/> Public transportation <input type="checkbox"/> Taxi <input type="checkbox"/> Other (be specific) _____ |

Certify Declaration

| |
|--|
| <input type="checkbox"/> I, _____, certify this to be accurate. (Student's First/Last Name in Print) Signature: _____ Date: _____ |
| <input type="checkbox"/> I, _____, certify this to be accurate. (Student's Parent's First/Last Name in Print) Signature: _____ Date: _____ |

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Daily Self-Monitoring Form

Last Name:

First Name:

Birthdate:

School:

Monitoring Start Date (date arrived in Canada):

Monitoring End Date:

Date each day, check your temperature, then review the list for any symptoms (indicate YES or NO):

| Day | 1 | 2 | 3 | 4 | 5 | 6 | *7 | 8 | 9 | 10 | 11 | 12 | 13 | *14 |
|--|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Date (month/day) | | | | | | | | | | | | | | |
| Temperature (in degrees Celsius) | | | | | | | | | | | | | | |
| Monitor your health for the following symptoms and write YES or NO each day | If you develop symptoms inform your supervisor/custodian. | | | | | | | | | | | | | |
| Chills or Feverish | | | | | | | | | | | | | | |
| Difficulty breathing or shortness of breath | | | | | | | | | | | | | | |
| New or worsening cough | | | | | | | | | | | | | | |
| Runny Nose | | | | | | | | | | | | | | |
| Nausea or Vomiting | | | | | | | | | | | | | | |
| Diarrhea | | | | | | | | | | | | | | |
| Sore throat | | | | | | | | | | | | | | |
| Tiredness / Fatigue | | | | | | | | | | | | | | |
| Muscle aches | | | | | | | | | | | | | | |
| Headache | | | | | | | | | | | | | | |
| Conjunctivitis (pink eye) | | | | | | | | | | | | | | |
| Loss of sense of smell | | | | | | | | | | | | | | |
| Generally feeling unwell | | | | | | | | | | | | | | |
| Other, specify: | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| No Symptoms | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Symptoms Monitored by (Initials): | | | | | | | | | | | | | | |

*On Days 7 and 14 of self-isolation forward a copy of this monitoring form to

*On day 14 of self-isolation, the supervisor/ custodian must make arrangements for the student to safely visit an assessment centre for a COVID-19 test.

If your symptoms continue past the 14-day period, contact your custodian to arrange for a medical checkup.

Please complete this page of this guide and submit to international@dsbn.org on the 7th day following arrival and on the 14th day following the COVID test.

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