



International Student Arrival Quarantine Plan

POLICY

- Any person, including international students, arriving into Canada from another country must meet certain federally mandated requirements in order to be allowed entry, including showing that they have a compliant quarantine plan:
 - Arrival by Air

Travellers by air to Canada must take a COVID-19 test within 72 hours prior to their scheduled departure flight and a second test upon arrival into Canada, followed by a 3-day quarantine at a federal government-authorized hotel to await the results of their arrival test. If their arrival test is negative, they may proceed to their pre-arranged quarantine location for the remainder of their quarantine. On day 8 of their quarantine, they must take a third test using the test kit provided at the airport. After completing a full 14 days of quarantine counting from the time of their arrival into Canada they may proceed to their final destination, as long as their day-8 test results were negative. If the traveller tests positive at any point during their quarantine they will need to restart the 14 days from the time they received their positive test result. Information must be submitted via the ArriveCAN app or website at multiple points throughout this process and the traveller will be contacted by federal or provincial government officials.

Refer to this website for full details and instructions:
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/entering-canada-covid-19.html>
 - Arrival by Land

Travellers by land to Canada must take a COVID-19 test within 72 hours prior to their arrival at the US/Canada border. Upon arrival travellers must take a second test at the border then proceed directly to their pre-arranged quarantine location. On day 8 of their quarantine, they must take a third test using the test kit provided at the border. After completing a full 14 days of quarantine counting from their time of arrival into Canada they may proceed to their final destination, as long as all test results were negative. If the traveller tests positive at any point during their quarantine they will need to restart the 14 days from the time they received their positive test result. Information must be submitted via the ArriveCAN app or website at multiple points throughout this process and the traveller will be contacted by federal or provincial government officials.

Refer to this website for full details and instructions:
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/entering-canada-covid-19-land.html>
- Upon acceptance of an international student's application, Capernwray Harbour will provide the necessary information and work with the student by phone and email to help them develop a quarantine plan that meets all federal and provincial government requirements
- A designated staff member at Capernwray Harbour will contact the student periodically to ensure their well-being and verify their compliance with quarantine requirements
- If accommodations and meal services are provided to international students for quarantine purposes under these requirements, Capernwray Harbour will ensure that all safety protocols are being carried out until the end of the student's mandatory quarantine period; if a student becomes ill during their time of quarantine, they will be assisted in complying with any instructions provided by government officials

INFORMATION FOR STUDENT

Symptoms of COVID-19:

- Fever
- Chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

Public health contact information and locations:

- Ambulance, fire, police: **9-1-1**
- HealthLink BC: **8-1-1**
- COVID-19 Test Appointments: **1-844-901-8442** (8:30 A.M. – 8:00 P.M.)

Capernwray Harbour Contact Information:

- Main Office: **250-246-9440**; chbc@capernwray.ca
- Registrar (Susanne Fordham): **250-466-0224**; registrar@capernwray.ca
- Executive Director (Chris Fordham): **250-252-0699**; chrisf@capernwray.ca

Important Links:

- Federal requirements for international travellers to Canada:
<https://travel.gc.ca/travel-covid>
- BC Province-wide restrictions:
<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>
- ArriveCAN App and reporting requirements:
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>
- BC COVID-19 Support App:
<https://www.thrive.health/bc-covid19-app>
- BC CDC COVID-19 information and guidance:
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- BC CDC COVID-19 what to do if you are sick:
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
- Capernwray Harbour Campus Safety Plan:
<https://www.capernwray.ca/wp-content/uploads/2020/09/CHBC-Campus-Safety-Plan.pdf>