Travelling from outside of Canada?

Here is everything you need to know to be prepared for your 14-day quarantine upon arrival.

Welcome home!

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A) Immigration Requirements to Enter Canada

Immigration, Refugees and Citizenship Canada travel restrictions apply to student travel to Canada. These travel directives are subject to change.

Some Carleton students may qualify for an exemption from travel restrictions because the university has an approved COVID-19 readiness plan. Students who plan to travel must review all information and follow guidelines at the ISSO’s Quarantine Planning Support website.

All international air travellers are required to demonstrate a negative test result for COVID-19 prior to boarding their flights. Do not travel if you have symptoms associated with COVID-19 (coughing, fever or shortness of breath). Bring as many non-medical masks as you need to travel to your final destination in Canada.

Students will be required to complete a COVID-19 test upon arrival to Canada, and quarantine in a government-authorized hotel while waiting for test results.

If their test result is negative, students will be allowed to complete the rest of their quarantine at the location provided on their quarantine plan.

A quarantine plan explains how you will avoid contact with other people and obtain necessities for your first two weeks in Canada. If you don’t have a plan, you should not travel to Canada. A border services officer will examine your quarantine plan and decide if you can enter the country.

You are required to submit your information through the ArriveCAN mobile app before your board your flight. You must also use the app to confirm when you reach your place of quarantine and to provide daily COVID-19 symptom self-assessments during your 14-day quarantine period.

If you are admitted to Canada, you must continue to monitor your health. If you develop symptoms of COVID-19, immediately call a health care professional or public health authority.
**B) Quarantine Plan Requirements**

It is important that your Quarantine Plan contains as much detail as possible. Your quarantine plan must include details about:

- Where you will stay for your 14-day isolation period. You should not plan to quarantine in a place where you will have contact with vulnerable individuals: people who have an underlying medical condition or a compromised immune system, and those who are 65 years of age or older.
- How you will travel safely from the airport to your quarantine location.
- Arrangements for getting food, cleaning supplies, medications and other necessities. How you will access essential services
- Social or family support available to you, such as for child care, pet care and other services you need.
- Students must ensure proof of health coverage, such as your University Health Insurance Plan (UHIP). We recommend that you be prepared to present a valid UHIP card on arrival to the border services agent.

There are a few additional things to think about to ensure a smooth quarantine.

1. You should consider preparing for your travels to Canada well in advance. Doing this will allow for you to budget for the expenses that might occur.

2. It is absolutely imperative that students **DO NOT travel if they have symptoms associated with COVID-19** (coughing, fever, shortness of breath). Complete pre-departure health checks and notify your Residence if your travel plans change.

3. Bring as many non-medical masks and hand sanitizer that you need to travel to your final quarantine destination.
C) University Health Insurance Plan (UHIP)

UHIP is MANDATORY for all international students enrolled in participating universities in Ontario. It is typically emailed from Sun Life Financial (the insurance company) to your Carleton University email.

UHIP and Travelling to Canada.
- You may be requested to show proof of health insurance on arrival to Canada. To be prepared, we recommend printing your UHIP card before you leave and keeping it with your personal travel documents.

I have opted-out of UHIP for Winter 2021 term, what do I do?
- If you have opted-out of UHIP for Fall 2020, but you do arrive to Canada before April 30, you MUST notify the UHIP administrator by email at uhip@cunet.carleton.ca so you can get enrolled in the UHIP plan.

Does UHIP cover the cost of COVID-19 if I become sick?
- When/if you get tested for Covid19, you will need to show your UHIP card so be sure to print out the card before you travel and carry with you at all times. UHIP will cover the cost of COVID-19 testing.
- More complete details on UHIP coverage can be found at www.uhip.ca

If you are unable to located your UHIP card, please email ISSO@carleton.ca
E) What Should I Pack for my Quarantine?

**Essentials**

- Clothing for 14 days*
  - Lounge/comfy clothing
  - Undies and socks
  - Sweater
  - Pants
  - T-Shirts
  - Slippers

- Hygiene Products
  - Shampoo
  - Conditioner
  - Body-Wash
  - Soap
  - Deodorant
  - Toothbrush and Toothpaste
  - Dental Floss

- Health Products
  - Hand Sanitizer
  - Non-medical masks
  - Thermometer (to perform health-checks)
  - Ensure you have enough of your personal medications to last for the duration of your quarantine period.

**Ways to Stay Busy**

- Laptop and charger
- Books and Textbooks
- Yoga Mat
- Notebook

*Students staying at Carleton University Residence will NOT have access to laundry services, or food delivery services (such as Uber Eats)*
It is important to stay connected to Carleton University, friends and family during your 14-day quarantine.

Whether you are a new student and this is your first time in Ottawa, or you are a returning student, these are stressful times. However, being in quarantine does not mean you are alone. The entire Carleton University community and support services are here to help you feel comfortable as you make your transition to student life in Canada.

Our office, the ISSO, offers many online services and programming to keep you social during your quarantine. Make sure to:

- Meet with our Global Pals! They are upper-year international students who can connect with you over email or via the Microsoft Teams video app.
- Check out upcoming events on our Events Page, where we host weekly virtual Canadian tea time, and webinars to keep you up to date.

The Student Experience Office (SEO) is another wonderful resource at your disposal. The SEO Events Calendar hosts:

- Contests to win prizes.
- Live streams with Carleton University's Therapy Dogs
- and Live-streamed Fitness classes with Carleton University Athletics.

Stay connected to both the ISSO and SEO by following us on Twitter, Instagram and Facebook at @SLRavens.

Quarantine does not mean you are alone. You are a part of a large, thriving community of Ravens that is here to support, guide, and care for you during your Carleton University experience.

Upon arrival, remember to complete the mandatory COVID-19 training course available on cuLearn!