

CARLETON UNIVERSITY

TRAVEL AND QUARANTINE PROCESS
INFORMATION IS VALID AS OF AUGUST 9, 2021, CONTACT ISSO WITH ANY QUESTIONS

Pre-Arrival Steps

Book your airfare for travel

Complete your **Pre-Arrival Form** to notify the ISSO of your travel plans and intended quarantine location

Gather essential travel documents such as:

- Visa or eTA
- Valid Study Permit
- **Certificate of Enrolment** or Admission Letter
- Proof of financial means (bank statements, GIC, etc)
- Proof of valid **medical exams**, if required
- English language test results, if they were required for your study permit application
- University Health Insurance Card (UHIP)
- Confirmation email from Pre-Arrival Form

Create a document with your quarantine plan, with details on your accommodations, transportation and access to necessities for your entire 14-day quarantine

Ensure you have the financial means to pay for quarantine expenses

Ensure you have access to a cellphone that works in Canada

Submit your travel information through the ArriveCAN Mobile App

Within 72 hours of scheduled flight, complete a COVID-19 PCR test and bring documentation of negative test result to the airline prior to boarding flight

After Arrival

Take COVID-19 test at the airport

Receive Switch Health At-Home Test Kit from airport

Travel to your quarantine location and begin your 14-day quarantine

Submit your post-entry information on the ArriveCAN app

Complete Daily-Check Ins with Carleton staff via **Microsoft Teams**

On day 8 of quarantine, complete Switch Health At-Home test

Send COVID-19 test results to **resnurse@carleton.ca**

Stay in quarantine for the remainder of your 14-day period



You have now completed your quarantine!
Stay Safe!

For more information, contact ISSO

Telephone: +1 (613) 520-6600

Email: isso@carleton.ca

Hours: Monday to Friday, 8:30 am to 4:30 pm

or visit the website at

<https://carleton.ca/isso/>