Pre-Arrival Steps

- Book your airfare for travel and make a reservation with a government-authorized hotel
- Complete your Pre-Arrival Form to notify the ISSO of your travel plans and intended quarantine location
- 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
- 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
  - University Health Insurance Card (UHIP)
  - Confirmation email from Pre-Arrival Form
- 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
- Travel to the government-authorized hotel and begin your 3-day quarantine
- Submit your post-entry information on the ArriveCAN app
- Complete Arrival and Daily-Check Ins with Carleton staff via Microsoft Teams
- After receiving negative airport test results and completing quarantine in the government-authorized hotel, safely travel to final quarantine location
  - Send test results to resnurse@carleton.ca
  - Send travel plans to isso@carleton.ca
- On Day 8 of quarantine, complete Switch Health At-Home test
  - Ensure you follow all instructions
  - Once you receive the results, send to resnurse@carleton.ca
- Stay in quarantine for the remainder of your 14-day period

After Arrival

- Take COVID-19 test at the airport
- Receive Switch Health At-Home Test Kit from airport
- Complete Arrival and Daily-Check Ins with Carleton staff via Microsoft Teams
- Continue completing Daily Check-Ins with both ArriveCAN app and Carleton staff