



THE ISSO'S

QUARANTINE GUIDANCE BOOKLET

FALL 2020

*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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**International Student
Services Office**
CARLETON UNIVERSITY

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A) IMMIGRATION

A) Immigration Requirements to Enter Canada

Travel to Canada is restricted due to COVID-19. Students who wish to travel to Canada must be able to show that they are exempt from the restrictions and also that their travel to Canada is essential, as described [here](#).

Do not travel if you have symptoms associated with COVID-19 (coughing, fever or shortness of breath). You will be subject to health checks before boarding flights and upon arrival in Canada. Bring as many non-medical masks as you need to travel to your final destination in Canada.

Even if you are not sick, you must have a plan to [quarantine for 14 days](#) when you arrive in Canada. 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.

If you choose, you may file information prior to your arrival using the [ArriveCan](#) mobile app. Submitting your information through the app within 48 hours before arriving in Canada can speed up the process at the Port of Entry.

If you are admitted to Canada, you must:

- Go directly to your place of quarantine and stay there for your 14 day quarantine period.
 - Distance yourself from people living at the same location (ex. roommates). Do not have visitors.
 - Monitor your health. If you develop symptoms of COVID-19, immediately call a health care professional or [public health authority](#).
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B) QUARANTINE PLAN

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.
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C) UNIVERISTY HEALTH INSURANCE PLAN (UHIP)

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 Fall 2020 term, what do I do?

- If you have opted-out of UHIP for Fall 2020, but you do arrive to Canada before December 31, 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**

D) WHAT SHOULD I PACK FOR MY QUARANTINE?

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)****

E) STAYING CONNECTED

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!
