Before you Arrive:
☐ First and foremost, ensure that you are eligible to travel to, and enter Canada under the current travel restrictions.
☐ Read and understand the requirements and considerations for developing your Quarantine Plan.
☐ Book your airfare for travel to Canada, and if possible make Ottawa your final destination.
☐ Complete the Pre-Arrival Form to notify the ISSO of your travel plans and intended quarantine location.
☐ Prepare your Quarantine Plan with as much detail as possible.
☐ Print your University Health Insurance Card (UHIP) and keep it with your travel documents.
☐ Ensure you have accommodations, transportation, and necessities for your entire 14-day quarantine period.
☐ Once you have completed your Quarantine Plan, upload it to the ArriveCan mobile app 48 hours before you arrive to Canada.
☐ Register with the International SOS Assistance App. Log-in number is 27ACAS71467.
☐ Download the Government of Canada’s Travel Smart App.
☐ Do not travel if you are experiencing COVID-19 symptoms. You will be subject to health checks before boarding flights, and before entering Canada.
☐ Remember that your entrance to Canada is not guaranteed and is subject to approval of the Canada Border Service Agent (CBSA) at your port of entry.

While you Travel:
☐ Keep your mask on and follow appropriate social distancing guidelines.

After you have Arrived:
☐ Be prepared to receive Arrival and Daily Check-Ins from Carleton staff.
☐ Monitor yourself for symptoms of COVID-19 and seek medical attention if required.
☐ Recall that all students will be expected to get a COVID-19 test on day 4 or 5 of their 14-day quarantine period (instructions and a reminder will be provided to you via email).
☐ Use the ArriveCan mobile app for symptom reporting to Government Officials.
☐ Ensure that you follow the safety procedures put in place during your 14-day quarantine by consulting the Housing and Residence Life COVID-19 FAQ page.
☐ Enjoy the goodies in your quarantine “Care Kits” provided to you by Carleton University.
☐ Stay connected and chat with one of the ISSO’s Global Pals, and check out the programming offered by the Student Experience Office (SEO).

Stay safe and healthy, we look forward to welcoming you back to Carleton University and to Canada!

Bon voyage!

Questions? Contact the ISSO at isso@carleton.ca