

Quarantine Supports for International Students Arriving to Canada

All information shared in this document is subject to change. As such, we advise that you always check webpages for both the Government of Canada and Alberta. These webpages will have the most current information.

All students at Portage College are required to be fully vaccinated by November 30, 2021.

To see more information from the Government of Canada click [HERE](#). To see information from the Alberta government, click [HERE](#).

Starting October 30, 2021: To depart from Canadian airports or travel on VIA Rail and Rocky Mountaineer Trains, travelers will need to qualify as a fully vaccinated traveler. This will also apply to travelers on cruise ships when the cruise season commences in 2022.

International Students: Travel restrictions and exemptions

To be able to enter Canada as a student, you must meet 2 requirements:

- You must have a valid study permit or a letter of introduction that shows you were approved for a study permit
- You must be attending a designated learning institution (DLI) with a COVID-19 readiness plan approved by its province or territory

Even if [you qualify as a fully vaccinated traveler](#) you must have a 14-day quarantine plan in place before arriving in Canada. The border services officers will make the final decision about whether you qualify as a fully-vaccinated traveler.

Full Entry Requirement Process for Canada

If you qualify as a fully vaccinated traveler you are:

- Required to show a pre-entry molecular test
- Required to use ArriveCAN
- Exempt from quarantine
- Exempt from Day-8 testing

All travelers can be eligible to enter Canada as a fully vaccinated traveler regardless of citizenship. Canadians must meet and follow all of the same entry requirements.

If you qualify as a fully vaccinated traveler, you also do not have to do on-arrival testing, unless you are selected for a mandatory randomized test.

To qualify as a fully vaccinated traveler to Canada, you must:

- Have received the full series of an accepted COVID-19 vaccine or a full series of a combination of accepted vaccines
- Have received your last dose at least 14 full days prior to the day you enter Canada
 - o i.e. If your last dose was anytime on Thursday July 1, then Friday July 16 would be the first day that you meet the 14 day condition
- Upload your proof of vaccination in ArriveCAN
- Have no signs or symptoms of COVID-19
- Meet all other entry requirements (for example, pre-entry test result) Please see [HERE](#) for checklist of requirements to follow for you trip.

Accepted COVID-19 vaccines in Canada

- Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2)
- Moderna (Spikevax, mRNA-1273)
- AstraZeneca/COVISHIELD (ChAdOx1-S, Vaxzervria, AZD1222)
- Janssen/Johnson & Johnson (Ad26.COV2.S)

Requirements to follow for your trip

To qualify as a fully vaccinated traveler, you must

- Get a pre-entry test
- Have a quarantine plan in case you don't qualify as a fully vaccinated traveler
- Upload proof of vaccination in ArriveCAN
- Checklist of what to have ready at the border
- Arrival tests – randomized testing and exemptions
- **Please see [HERE](#) for more detailed information regarding the above requirements**

When You Arrive in Canada

Every traveler to Canada must have a quarantine plan. When you arrive in Canada you **MUST** show government officials your quarantine plan. If you have family travelling with you, the plan must include them too. You must show that you have:

1. A plan to quarantine – where you and your family will stay when you quarantine for 14-days
2. Transportation – to your quarantine place; you must show how you will be safe during travel
3. How you will get food and other household needs – how will you get groceries and/or medications?

Let's look at each of these.

Place to Quarantine

Your place has to be somewhere you (and your family):

- Is safe for at least 14 days
- Can get food and water, and medications, if needed
- Will have NO contact with people who are vulnerable (people over 65 years of age and/or those with underlying medical conditions)

Options to Quarantine:

1. Portage College's student residence or other suitable accommodations provided by Portage College, including transportation from Edmonton International Airport to accommodations provided.

Portage College will adhere to all compliance measures instituted at the time by the government.

Our Transportation will adhere to the following specific requirements:

- Both students and the driver must wear masks while in transit
- The student must sit as far away as possible from the driver
- The student must not share the ride with other students unless the vehicle is large enough for them to maintain 2 meters distance between them.
- The student must handle their own luggage
- The student must not make interim stops on the way to the quarantine location, unless they are for essential needs. In this case, the student should remain masked for the entire stop and stay 2m away from all others

Portage College Student Housing will provide supports, including food and essential supplies, to students and their co-arriving family members during the mandatory 14 day quarantine period.

International students will be required to notify Portage College should they develop COVID-19 symptoms.

International students and co-arriving family members housed in Portage College student residence will be monitored by Portage College's Office Student Housing. Portage College's Student Housing will complete the following:

- Engage with international students to confirm that they and their co-arriving family members are COVID-19 symptom free;
- Engage with international students and co-arriving family members to ensure they are aware of individual COVID-19 infection control practices in accordance with AHS public safety measures;
- Facilitate a mandatory Portage College COVID-19 student safety orientation for international students;
- Work with international students and co-arriving family members to ensure they have an adequate isolation plan for the mandatory 14 day quarantine period;
- Ensure that students and co-arriving family members have access to medical care as required; and,

- Perform a daily wellness check on international students and co-arriving family members throughout the mandatory 14-day quarantine period, including monitoring for COVID-19 symptoms and ensuring compliance with quarantine requirements. These check ins will be done by phone.

International students will be required to participate in a mandatory Portage College international COVID-19 student safety orientation.

International students will have access to Covid-19 updates and information through the College's Portage Alert app. This app will provide:

- *Regular Covid-19 updates.*
- *Students will have access to support resources, including student council.*
- *Emergency contact information.*

2. A residence that you own or are renting

3. A family or friend's home –

- you must have your own space for your belongings
- private kitchen and bathroom
- private outside area
- any shared areas must be sanitized before and after each use
- avoid physical contact with anyone you did not travel with
- wear non-medical mask in shared spaces
- you cannot share any household items (cups, spoons, towels, remote controls, etc.)
- you cannot be in a home with anyone who is vulnerable (over 65 years old and/or those with underlying medical conditions)

Transportation to your Quarantine Place

Should you decide to stay somewhere other than Portage College provided accommodations, you must have organized transportation and be able to show that you have a plan. You must go from the airport directly to your place of quarantine.

YOU MUST	YOU MUST NOT
✓ Travel directly from the airport	x Stop anywhere along the way – no grocery shopping
✓ Always wear a mask	x Take public transportation – no bussing; no other people are permitted in the vehicle – just you and the driver

✓ Have it pre-planned before your trip to Canada	X Have contact with anyone you didn't travel with
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[CLICK HERE](#) for all taxi information at the Edmonton Airport.

Getting Food and Other Necessities

Should you decide to stay somewhere other than Portage College accommodations, you will be responsible for organizing food for your quarantine period.

During your 14-day quarantine you CANNOT:	
X	Go to the Grocery Store
X	Go to any restaurants
X	Pick up anything from the pharmacy
X	Go to a public laundry service

Here are some options for food and other necessities.

Food Options in Edmonton:

- [SPUD.CA](#)
- [Instacart.ca](#)
- [Save On Foods Delivery](#)
- [Hello FRESH](#)
- [Skip the Dishes](#)

Pharmacy Options in Edmonton:

- [TEC Edmonton](#) – free same-day delivery
- [Rexall](#) – take 3-5 business days

Laundry Option in Edmonton:

- [Personal Laundry](#)
- [Page the Cleaner](#)

Finally:

Do's	Don'ts
✓ Stay in your quarantine place	X Stay in a place with vulnerable people
✓ Stay on private property if outside	X Leave your place of quarantine – unless it is a medical emergency
✓ Practice physical distancing	X Have guests

✓ Wear a mask if you cannot physically distance	x Share household items with people who did not travel with you
✓ Wash your hands often; sanitize when you cannot wash your hands	x Use public transit

If Health Protocols are not followed:

Under the Quarantine Act, if you do not follow the rules when you enter Canada, you could end up with:

- 6 months in prison OR
- \$750,000 in fines OR
- Both

As well, a person who causes risk to another person because they willfully and recklessly disregard the Quarantine Act or the regulations, could be:

- Fined up to \$1,000,000 OR
- Imprisoned for up to 3 years OR
- Both