

# Quarantine Plan for International Students Travelling to Canada to Study at the Boucher Institute of Naturopathic Medicine

## The 14-day quarantine plan is required by law under Canada's current travel restrictions

The Winter 2021 semester is scheduled to begin on January 4, 2021. The Boucher Institute of Naturopathic Medicine (BINM) understands that due to the COVID-19 pandemic, this is a challenging time for students who are planning on travelling to British Columbia for their studies.

All students arriving to study at the Boucher Institute of Naturopathic Medicine (BINM) from outside of Canada are required to fill out and submit a detailed 14 day quarantine commitment plan for approval by BINM four business days prior to travelling to Canada.

Your 14-day quarantine plan must ensure that you have demonstrated a well thought out quarantine safety plan. Your **mandatory** 14-day self-isolation quarantine plan begins immediately upon arrival and entry to Canada. As such, your travel plan to Canada must allow 14 days of quarantine before you will be allowed on campus.

All students arriving from outside of Canada for the Winter 2021 semester **must ensure that their travel to Canada occurs after January 3**. This allows for a 14 day self-isolation quarantine while the Institute is open and ensures that no students arriving from outside Canada will arrive during the holiday break from December 25, 2020 - January 3, 2021 inclusive when the Boucher Institute is closed. **Quarantine plans that**

**do not observe these travel requirements will not be approved by BINM.** No exceptions.

Please review the quarantine information planning document carefully so that you are aware of your responsibilities as a student travelling from outside of Canada.

**Not following** proper government of Canada Covid-19 Readiness protocols may result in being denied entry into the country; also students allowed entry to Canada can face steep fines for non-compliance of quarantine rules in certain situations.

The health and safety of our students at BINM is our number one priority. BINM follows the recommendations of various authorities including the government of Canada and provincial and local public health authorities.

### **Pre-arrival planning**

The government of Canada has implemented an emergency order under the *Quarantine Act* that requires all persons entering Canada by air, sea or land to quarantine themselves for 14 days. The 14-day period begins on the day you enter Canada.

The Boucher Institute is adhering to all orders declared by the Provincial Health Officer. Regular monitoring of these orders and public health guidance will be part of our routine operations. Plans, protocols, and processes will be updated routinely to reflect the dynamic nature of the COVID-19 pandemic.

### **Planning your travel to Canada**

- Notify your Admissions Advisor of your intention to travel to Canada
- Your Admissions Advisor will set up a meeting to confirm your travel itinerary and review your quarantine plans

- Once your itinerary is finalized, please send a copy to your Admissions Advisor
- We will acknowledge receipt of your travel plans prior to the start of your journey. Please contact your Admissions Advisor if you do not hear from us 48 hours prior to your departure date
- You **must** complete the Federal ArriveCAN application for approval **prior to your arrival in Canada**. Download the ArriveCAN app: [iPhone](#) or [Android](#) (let your Admissions Advisor know if you have any issues)
- You **must** [submit](#) a BC quarantine plan **prior to arrival in Canada** (online form or downloadable PDF form)
- Download the [BC Covid-19 App](#) to access the Self-Assessment tool as well as COVID-19 news and information from both the provincial and federal governments

NOTE: Even if you meet all the conditions above, entry into Canada will be at the discretion of a Canada Border Services Agent (CBSA).

### **Monitor your health before boarding your flight to Canada and upon arrival in Canada**

- To board your flight to Canada, you must follow all airline requirements and pass a health check conducted by airline officials to confirm that you don't have symptoms of COVID-19, including a fever, a cough and difficulty breathing. You will not be allowed to board a flight to Canada if showing symptoms.
- If you feel sick during your flight to Canada or upon arrival, inform the flight attendant or a Canadian border services officer.
- If you do not have symptoms but believe you were exposed to someone who was sick with COVID-19, report this information to a Canada border services agent on arrival in Canada. This is required under the *Quarantine Act*. The Canada border services agent will provide instructions for you to follow.

- You will see messaging on arrivals screens at international airports to help guide you if you are experiencing flu-like symptoms.
- You will also be provided with information on what symptoms to identify and how to [contact local health authorities](#).

## After you arrive in Canada

- Based on [current Government of Canada policies](#), when you arrive in Canada government officials will assess your health and your 14-day quarantine plan before you can leave the port of entry (e.g. airport). It is up to the discretion of the border agent to approve entry into Canada. After leaving the port of entry, it is **mandatory to use private transportation** (e.g. taxi or Uber, but NOT public transit) to reach your place of quarantine.
  - Go directly to your place of quarantine without delay and stay there for 14 days. This is mandatory, even if you have no symptoms.
    - You must wear a suitable non-medical mask or face covering while in transit to your quarantine location.
    - You should quarantine longer if you develop signs and symptoms of COVID-19, or have been exposed to another person who has signs and symptoms of COVID-19.
    - Follow [Public Health's instructions on how to quarantine](#).
  - Be aware of the penalties for not following your quarantine plan once you're in Canada.
    - A fine of up to \$750,000 CAD.
    - Six months of jail time in Canada.
    - Being found [inadmissible](#), removed from Canada and banned from entering for one year.

## During your quarantine period:

– Ensure you have a suitable place of quarantine that has the necessities of life. If you are taking any medication, bring a two months' supply, which must be accompanied by a doctor's note and a prescription.

- You must find accommodation for the duration of your quarantine before you travel to Canada. It is recommended that the rental period be longer than the 14 days of quarantine because if you develop symptoms during the quarantine period, you will have to extend your quarantine for an additional 14 days from the date of onset of the first symptoms.

- You must take the necessary measures to ensure that someone takes care of equipping your quarantine place with the essential items (food, medicine, household products, washing products, furniture, etc.), because you will not be able to go to shops on your arrival or during your quarantine. For delivery in the Greater Vancouver Area, please see list below:

- Grocery stores with delivery (the first two include pharmacies):

- [Real Canadian Superstore](#)
- [Save On Foods](#)
- [Spud.ca](#)

- Restaurants with delivery:

- [Skip the Dishes](#)
- [DoorDash](#)

- Ready to cook, food delivery companies:

- [Hello Fresh](#)

– Go directly to your place of quarantine without delay and stay there for 14 days from the date you arrive in Canada. **You must not take public transit to your place of quarantine.**

- You cannot leave your place of quarantine unless it is to seek medical attention;

- You cannot have any guests (visitors) even if you are outside and stay two metres apart from them;

- You cannot have any contact with vulnerable individuals or be living in a group or communal setting (except for family members);

- You cannot go to the Boucher campus or any other public place;

- You cannot go to stores and/or grocery stores.

- You must wear a suitable mask or face covering while in transit and upon your arrival to Canada.
- Practice physical distancing at all times.
- Use private transportation such as a taxi or private vehicle to reach your place of quarantine.
- Avoid contact with others while in transit:
  - Remain in the vehicle as much as possible;
  - If you need gas, pay at the pump;
  - If you need food, use a drive-through;
  - If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices.

## Monitoring your health

- Daily check-in with your Admissions Advisor
  - Each student will be contacted daily, during their quarantine, by the Admissions advisor assigned to them;
  - The Admissions Advisor(AA) will book a Google Meet with the student. The student is expected to:
    - attend and be able to provide proof they are in quarantine
    - provide visual proof of the results of the students BCCDC self assessment app, or confirmation that the student has submitted their ArriveCAN daily submission for Signs and Symptoms
  - The AA may also call randomly to the student at other times during the day or drive by the students location to confirm the student is quarantined
  - The AA will confirm that the student has all basic necessities and assist where necessary.
- Pay attention to your health and how you are feeling
- Check in within 48 hours of arrival through the ArriveCAN app

- Report your symptoms through the ArriveCAN app every day until the end of your 14-day quarantine.

## What to do if you become ill

- If you become ill, call 8-1-1 to talk to a nurse at Healthlink BC for advice on your symptoms and what you should do next. If you have cold, influenza or COVID-19-like symptoms, [testing](#) is available.
- 8-1-1 has translation services in 130 languages
- You can also self-monitor your health using the BC COVID-19 App
- Contact your Admissions Advisor for additional support
- If you are a contact of a confirmed case, a member of the public health team will contact you to let you know you may have been exposed. [Contact tracing](#) is an important tool to help stop the spread of COVID-19. If you have symptoms, you will be sent for testing.

## Reliable sources of information

Below is a list of reliable sources of information related to the COVID-19 pandemic:

- [BC Centre for Disease Control](#)
- [Public Health Agency of Canada](#)
- [World Health Organization](#)
- [Travel and Tourism Canada](#)
- [COVID-19 Stigma Guide](#)
- [COVID Stigma and Prejudice](#)
- [Mental Health and COVID-19](#)
- [Ministry of Health BC COVID -19 symptom self-assessment tool](#)
- [How COVID-19 is affecting IRCC](#)
- [Counseling Services for BINM Students](#)

## **Social supports**

- Daily check-in with your Admissions Advisor
- You will have access to our counselling support at BINM
- Ongoing connection with peers in the Boucher Chamber Facebook group