



International Student Arrival Guide  
**Navigating Canada  
During COVID-19**



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# Introduction

At ApplyBoard, our priority is to ensure that you feel **safe and prepared** before arriving in Canada to pursue your education.

This is especially important during the COVID-19 pandemic that is currently taking place. In this guide, we have outlined information provided by the Government of Canada and Public Health Canada. It is very important that you monitor government and public health updates prior to travelling to Canada. Additionally, we also encourage you to monitor your school's policies and responses to COVID-19.



# Definitions

When travelling to Canada, we ask that you familiarize yourself with the [COVID-19 vocabulary](#) that the Government of Canada is using:

## Self-Isolation and Quarantine

Staying at home or your place of isolation to prevent being exposed or exposing others to COVID-19.

**The Government of Canada has deemed this action necessary under the Quarantine Act.**



## Social/Physical Distancing

Avoiding crowded public spaces and places, and maintaining at least 6 feet or 2 metres of distance between you and others.



## Self-Monitoring

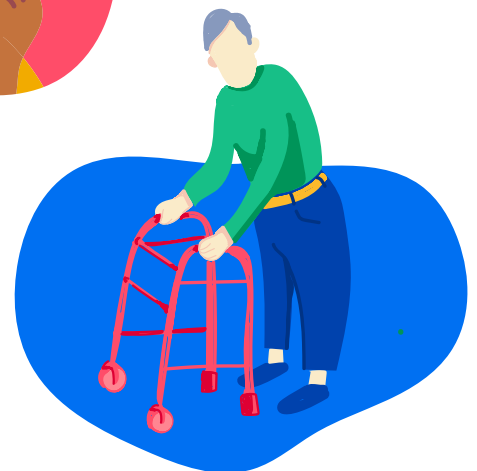
Monitoring your health for possible COVID-19 symptoms.



## Vulnerable Population

People who are more susceptible to contracting the COVID-19 virus including:

- Older adults
- Those with underlying medical conditions
- Those at risk due to compromised immune systems from a medical condition or treatment



# Symptoms

The Canadian Government has outlined a list of [COVID-19 symptoms](#). These include:



Cough



Fever



Difficulty Breathing



Pneumonia

It's important to note that symptoms may take **up to 14 days** to appear after an individual has been exposed to COVID-19. If you think you might have COVID-19 symptoms, it's encouraged that you take a self-assessment available through the [COVID-19 Symptom Self-Assessment Tool](#).

# Preventative Actions

The Government of Canada has outlined some preventative actions to help flatten the curve of infection:

1. Stay at home and self-isolate. Anyone who has traveled must self-isolate for 14 days

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2. Practice social distancing and do not gather in groups

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3. If social-distancing is not being practiced, local by-law officials and police officers have the authority to issue fines and charges

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4. Wash your hands often with soap and water for at least 20 seconds

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5. If soap is not available, alcohol-based hand sanitizer can be used

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6. When coughing or sneezing, cough or sneeze into a tissue or the bend of your arm and remember to wash hands after

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7. Avoid touching your face with unwashed hands at all times

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8. Frequently disinfect surfaces in your place of living

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9. If you feel sick, consider wearing a mask and/or gloves while out in public to protect others from infection

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# Mandatory Isolation

The Government of Canada is mandating that “any person entering Canada by air, sea, or land to self-isolate for 14 days whether or not they have symptoms of COVID-19”. This means that **anyone who is entering the country from another country must self-isolate for a mandatory 14-day period**, regardless of whether you are experiencing symptoms or not. **Violating these instructions could have legal implications.**

## Please note that once you have entered Canada you should:

- Go directly to your chosen location of isolation using private transportation if available
  - We highly discourage using public transportation at this time
- Do not stop at any other location from the airport (e.g., grocery stores or markets)
- Stay **INSIDE** your home or place of isolation and avoid contact with others
- If applicable, please check in with your homestay and custodian service provider for their updates and policy changes
  - Find more information regarding [Canada Homestay](#)
- If you do not have a place to isolate, you must be isolated in a facility designated by the Chief Public Health Officer of Canada

## While self-isolating, be sure to:

- Practice the preventative measures listed above
- Self-monitor your health for the symptoms listed above
  - If you are experiencing any symptoms while self-isolating, please continue to self-isolate, and call Public Health
  - Do not go to the hospital or a clinic until you have been informed to do so by a medical professional.
  - Access Public Health’s self assessment tool, [provincial specific resources](#), and additional [health services](#)

After the 14 days are over, even if you still do not show any symptoms, please continue to stay home as much as possible and practice proper social distancing. We highly recommend that you continue monitoring local and provincial news outlets to stay up-to-date on recommended COVID-19 procedures.

If someone in your home is sick, the Government of Canada outlines the [steps you can take here](#).



# How to Navigate Canada During COVID-19

## Arriving at the Airport and Entering Canada

The Government of Canada has redirected the arrivals of certain international passenger flights to the following four airports.

Please be sure to review the information provided by the airport you will be arriving at:

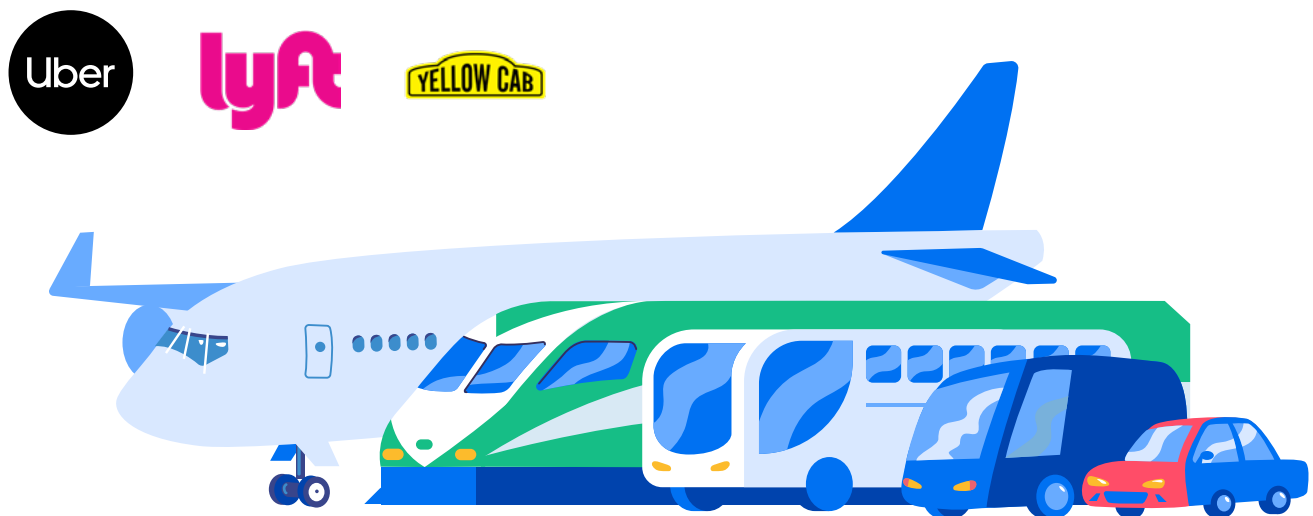
- [Toronto Lester B. Pearson International Airport](#)
- [Vancouver International Airport](#)
- [Montréal-Trudeau International Airport](#)
- [Calgary International Airport](#)

Airports will have additional procedures in place to avoid the spread of the virus.

- When you arrive, airport staff will assess your health before you leave the port of entry
- In these health checks, answer honestly and follow their instructions very carefully
- For complete details, please read the following [article](#)

## Find Transportation to Your Destination

If you're unable to find private transportation from the airport, here are some options to consider:



# Getting Your Essentials

We understand that mandatory self-isolation can cause complications for international students entering Canada. Because of this, here are some resources that can help you acquire groceries and food during your time of isolation.

Please note that only essential services will be open and some of these locations may but be out of certain products.

## Food Delivery Services

If you do not have someone that can pick up essential items and groceries for you, please see the following food and grocery delivery options:

- [Instacart](#)
- [PC Express](#)
- [Inabuggy](#) (Available in Toronto, Ottawa, Vancouver, Calgary, Edmonton, and, Montreal)
- [Walmart](#)
- [Costco](#)
- There are also some local and province specific [delivery services](#)

To access local restaurants and savings, you can download and use one of the applications below:





# Stay Updated with Reliable Sources

There are many places where you can get your information on COVID-19. Please be sure that the resources you are using are credible and reliable to ensure you are getting the most accurate information possible.

- For Canada's response, please monitor the Government of Canada's website [COVID-19 Canada's Response](#) and [COVID-19 Disease](#)
- Be sure to also monitor your specific province's response to COVID-19 as well since they will have their own unique precautions
- Canadian news sources such as [CTV](#), [CBC](#), and [Global News](#)
- Ensure you are checking your email accounts closely for communications from the school regarding their own response to COVID-19, as well as their official website.



# Support During Self-Isolation

We encourage anyone who is struggling emotionally or mentally during these stressful times to reach out for help if you need support.

Below we have provided some support resources available in Canada. Each province within Canada also has resources available, which we encourage you to seek out if needed. You can also check with your university/college website for information and services that might be offered through the school.

## Kids Help Phone

24/7 national support service for young people in Canada. Call 1-800-668-6868 or text CONNECT to 686868

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## Crisis Services Canada

24/7 support to people in Canada. Call 1-800-456-4566 or text 45645

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## National Suicide Prevention Lifeline

24/7, free and confidential support for people in distress. Call 1-800-273-8255

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## Naseeha Youth Helpline

Confidential helpline for young Muslims for immediate, anonymous, and confidential support. Call 1-866-627-3342 (12 p.m. – 9 p.m. EST) or text 1-866-627-3342 (Monday to Friday, 12 p.m. – 9 p.m. EST)

