



## International Student Arrival Quarantine Plan

### POLICY

- Any students arriving from destinations outside of Canada are required to self-isolate/quarantine for 14 days immediately upon arrival; international students must complete their time of isolation prior to their arrival at Capernwray Harbour for Registration
- Upon acceptance of the student's application, Capernwray Harbour will work with the student by phone and email to develop a quarantine plan and ensure that all Federal and Provincial government requirements are met; this plan must be communicated and in place prior to the student's travel to Canada
- The student will be provided with all necessary information, including the specific requirements of health authorities, in advance of their travel
- Transportation will be arranged with/for the student to proceed immediately and directly from the airport to their designated quarantine facilities
  - It is prohibited to use public transportation for any part of this travel
  - While travelling to their quarantine facilities the student must practice strict physical distancing of 2 metres and must wear a mask in public spaces, while inside private transport and any time physical distancing is not possible
  - The student must report their arrival to their quarantine facilities within 48 hours of their arrival to Canada; this can be done through the ArriveCAN app, online at [Canada.ca/ArriveCAN](https://Canada.ca/ArriveCAN) or by calling 1-833-641-0343
- Suitable quarantine facilities will be arranged with/for the student; these facilities and their direct care will most often be provided through trusted contacts in the immediate community who will host the student
  - The student must monitor themselves daily for symptoms of COVID-19
  - The quarantine location provided must not be a dwelling in which any high-risk individual resides
  - The student will have a private bedroom and meals will be provided daily
  - The student will be assisted in accessing medical care if needed
  - The student must practice strict physical distancing and non-contact with any other individual throughout their time of quarantine
  - The student must continue practicing other safety measures, such as wearing a mask when distancing is not possible, washing hands frequently, disinfecting surfaces regularly and practicing respiratory hygiene
  - The student must not leave the quarantine facilities except for urgent medical needs; no guests or sharing of public spaces
- A designated staff member at Capernwray Harbour will contact the student daily to ensure their well-being and compliance with quarantine requirements

- The student may also be contacted by a Provincial health authority representative or an automated system to confirm that they are following quarantine requirements
- At the end of their 14-day quarantine, the student will be assessed for symptoms of COVID-19 by their host who will report their findings to Capernwray Harbour prior to the student's departure from their facilities
- If the student becomes ill during their time of quarantine, they must immediately self-isolate and phone 8-1-1 for medical assessment and further directions
  - If required, the student will be assisted in making an appointment for testing or a doctor visit, or in being transported to Urgent Care in Chemainus

## **INFORMATION FOR STUDENT**

### **Symptoms of COVID-19:**

- New or worsening cough
- Shortness of breath/difficulty breathing
- Feeling feverish, chills, or temperature equal to or over 38°C
- Muscle or body aches, fatigue, or weakness
- New loss of smell or taste
- Headache
- Gastrointestinal symptoms like abdominal pain, diarrhea, vomiting, or feeling very unwell

### **Public health contact information and locations:**

- Ambulance, fire, police: **9-1-1**
- HealthLink BC: **8-1-1**
- COVID-19 Test Appointments: **1-844-901-8442** (8:30 A.M. – 8:00 P.M.)
- Chemainus Health Care Centre (Urgent Care):  
9909 Esplanade Street  
Chemainus, BC
- Cowichan District Hospital (Emergency):  
3045 Gibbins Road  
Duncan, BC
- Cowichan COVID-19 Assessment Centre (for testing):  
Parking lot of Cowichan District Hospital near Emergency entrance

### **Capernwray Harbour Contact Information:**

- Main Office: **250-246-9440**; [chbc@capernwray.ca](mailto:chbc@capernwray.ca)
- Registrar (Susanne Fordham): **250-466-0224**; [registrar@capernwray.ca](mailto:registrar@capernwray.ca)
- Executive Director (Chris Fordham): **250-252-0699**; [chrisf@capernwray.ca](mailto:chrisf@capernwray.ca)

### **Important Links:**

- Federal requirements for international travellers to Canada:  
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>

- BC Public Health orders:  
<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>
- ArriveCAN App and reporting requirements:  
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>
- BC COVID-19 Support App:  
<https://www.thrive.health/bc-covid19-app>
- BC CDC COVID-19 information and guidance:  
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- BC CDC COVID-19 what to do if you are sick:  
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
- Capernwray Harbour Campus Safety Plan:  
<https://www.capernwray.ca/wp-content/uploads/2020/09/CHBC-Campus-Safety-Plan.pdf>