

2020-21

International Student Protocols for Pre-Departure, Travel and Arrival in Canada



Keeping Safe During COVID-19

**Greater Essex County District School Board
International Students Program
March 4, 2021**

Welcome International Students!

The GECDSB is providing this document to international students, their families and education agents in advance of travel to Canada. It was developed under the guidance of the Canadian Association of Public Schools-International (CAPS-I), of which the GECDSB is a member, and many international education sector stakeholders. This document outlines the expectations and requirements for international students arriving in Canada during the current global COVID-19 pandemic.

Parents, students and agents, please review the information in this package and ask for help with any part you don't understand. This is important because by not following this protocol, students may be denied entry in Canada. Government authorities may also fine travelers for non-compliance in certain situations.

The GECDSB may dismiss International Students from the International Students Program if these protocols, the Quarantine Act (Canada), or other federal, provincial or local public health regulations or guidelines are breached.

Students and parent(s) MUST sign and return to international@publicboard.ca BEFORE arrival in Canada the following documents found at the end of this package:

- **GECDSB International Students Protocol Form**
- **GECDSB Support for Travellers Self-Isolation Form**
- **GECDSB Family Compliance with Quarantine Act (Canada) Form** (if staying with parent(s))

Execution of the GECDSB International Student Protocol Form confirms students and parent(s) have read and understand the obligations and expectations of International Students arriving in Canada during the current global COVID-19 pandemic.

The GECDSB Support for Travellers Self-Isolation Form is provided as a courtesy to assist students upon arrival in Canada when speaking to Canada Border Services Agency officers. All travellers to Canada, whether they have symptoms of COVID-19 or not, must confirm to the CBSA that they have a suitable place to self-isolate that adheres to Canada's Quarantine Act, and must provide details about their self-isolation if further questioned. Students can simply present this form to a CBSA officer when questioned about their plan for self-isolation.

Greater Essex County District School Board

International Students Program
451 Park St. W. Windsor, ON N9A 6K1

***NEW* Important Updates**

This protocol has been updated on March 4, 2021 to include information on:

- Canada's pre-departure COVID-19 testing requirements for in-bound international travellers (pg. 4)
- Canada's exemptions to its 3 day hotel quarantine for unaccompanied minors (pg. 5)
- Windsor-Essex testing locations for pre-departure COVID-19 testing for out-bound international travellers (pg. 20)

We wish our students all the best for safe travels and look forward to seeing you in school!

Greater Essex County District School Board

International Students Program
451 Park St. W. Windsor, ON N9A 6K1

Office: 519-255-3200 x10371

email: international@publicboard.ca

web: www.publicboard.ca

Important Contact Information

Greater Essex County District School Board

451 Park Street West
Windsor, ON N9A 6K1 Canada
+1 519-255-3200
international@publicboard.ca
www.publicboard.ca

Josh Canty

Superintendent of Education

Michelle Marcuz

International Students Program Lead
+1 519-255-3200 x10371
michelle.marcuz@publicboard.ca

Angie Bondy

International Students Program Secretary
+1 519-255-3200 x10340
angie.bondy@publicboard.ca

Students/Parents, Agents fill in the blanks below for your records:

MLI Homestay

439 University Avenue, Suite 2110
Toronto, ON M5G 1Y8 Canada
Main telephone: 1-416-646-5405

24 Hour Emergency Line
within North America 1-866-388-6543

24 Hour Emergency Line
outside North America 1-416-623-6215

- My MLI Coordinator's name is _____
- Phone number: _____ Email: _____

- My custodian's name is _____
- Phone number: _____ Email: _____

International Education Agency

The name of my international education agency is _____

- My agent's name is _____
- Phone number: _____ Email: _____

StudyInsured Medical Insurance

24 Hour Emergency Medical Assistance 1-866-883-9787

Multilingual guidance for any injury or illness, toll-free

Speak with a doctor over video chat by requesting the Virtual Health Service

- Call any time you need help
- Call every time you seek treatment

IMPORTANT: FOR MAJOR ILLNESSES OR INJURIES,

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YOU MUST CALL STUDYINSURED WITHIN 48 HOURS

Protocols for Pre-Departure, Travel & Arrival into Canada

A. PRE-DEPARTURE PROTOCOL:

***NEW* Flying to Canada: COVID-19 testing for inbound international travellers**

All travellers 5 years of age or older, regardless of citizenship, must provide proof of a negative COVID-19 test result. You don't require a test to fly within Canada.

At this time, proof of having a vaccine does not replace a valid test result.

You must:

- take the test within 72 hours of your scheduled flight departure time for your flight that lands in Canada
- provide one of the accepted types of tests, not an antigen test
- keep proof of your test results for the 14-day period that begins on the day you enter Canada
- Airlines will refuse boarding to travellers who are unable to provide a valid molecular test result.

You must present an accepted test result (paper or electronic proof) which must include:

- Traveller name and date of birth
- Name and civic address of the laboratory/clinic/facility that administered the test
- The date on which the test was conducted
- The type of test conducted
- The test result

At this time, travellers should have their test performed at a reputable laboratory or testing facility (i.e., one recognized by the local government or accredited by a third party, such as a professional organization or international standards organization). You must show proof of your test results even if you:

- have tested negative for COVID-19 previous to the 72 hour period
- have been vaccinated for COVID-19
- recovered from COVID-19 and no longer test positive
- recovered from COVID-19 and continue to test positive

Alternate arrival testing at the Airport for Unaccompanied Minors

Some travellers are required to take a test before leaving the airport. Some circumstances, including unaccompanied minors, allow for alternate testing protocols upon arrival. A government representative will provide further instruction on arrival for testing.

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The above information was accessed from the Government of Canada website on March 4, 2021:
<https://travel.gc.ca/travel-covid/travel-restrictions/flying/covid-19-testing-travellers-coming-into-canada#arrival-testing>

***NEW* Exemption from 3 Night Hotel Stay**

As of February 21, 2021, travellers, unless exempted*, will be required to:

- Reserve and stay in a government-authorized hotel for 3 nights prior to departure to Canada.

***Exemptions from hotel stopover**

Travellers are exempt from the 3-night hotel stay if they're:

- an unaccompanied minor or unaccompanied dependent child

The above information was accessed on the Government of Canada website on March 4, 2021:
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/mandatory-hotel-stay-air-travellers.html>

Quarantine and Accommodations Options

Appropriate individual accommodation options for the mandatory 14-day quarantine period are provided consistent with current Orders in Council under the Quarantine Act (Canada), guidelines of the Government of Canada, and the requirements of local and provincial public health authorities. The mandatory 14-day quarantine for incoming international students will be supervised by MLI Homestay or by the student's accompanying parent(s).

The following accommodation options are available:

1. MLI Orientation Programme

The MLI Homestay 14- day Orientation Programme stringently follows the current guidelines as outlined by federal, provincial and local health authorities. Following the completion of the 14-day Orientation Programme, students will be transported to their local MLI Homestay.

2. MLI Homestay

- i) **Permanent Homestay:** For new or returning students whose host family can provide a suitable quarantine environment inside their home.
- ii) **Quarantine Homestay:** For new or returning students whose host family cannot provide a suitable quarantine inside their home or are unable to host the student permanently, students will be placed in a temporary 14-day quarantine host family and will then move to their permanent host family after the 14 days.

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- iii) **Visiting Family or Relative (VFR) Quarantine:** For students who will complete the 14-day quarantine in the home of a family member or relative in Canada (“VFR”) on the recommendation of their natural parents. MLI Homestay will provide the VFR with a document outlining the requirements and guidelines of the Quarantine Act (Canada) regulations. After fully reading and understanding the document, the VFR, natural parents, and agent are required to sign an Attestation Document which must be signed by all parties and returned to MLI Homestay prior to departure from home country. After the 14-day period, the student will be transferred to their permanent MLI Homestay.

3. Parent(s)

Students who will be accompanied by a co-arriving parent(s) for the 14-day quarantine period and the entire duration of their study period.

The student’s parent(s) are responsible for ensuring their chosen accommodations are appropriate for the family during their 14-day quarantine period. The family’s accommodations must:

- Properly support any disabilities or health conditions of family members;
- Have a private bathroom for each student or student family unit;
- Not be staying with vulnerable populations;
- Not be a communal or group setting.

The student’s parent(s) are responsible for supporting the family with essential needs throughout the full duration of the quarantine period, that at a minimum must include the following necessities of life:

- Food and water;
- Medical care, including testing;
- Mental health supports;
- Social supports;
- Phone or internet services;
- Environmental cleaning protocols.

The family must complete the GECSB Family Compliance with Quarantine Act (Canada) Form prior to arrival in Canada and attest to the following:

- their chosen accommodations are appropriate for the family during their quarantine period, as noted above;
- they will have access to the necessities of life, as noted above.

Parents must be prepared to continue providing all necessary quarantine supports as noted above should the student and/or parent(s) require an extension of their quarantine period, for example if they become symptomatic with COVID-19 and/or test positive for COVID-19.

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Quarantine Attestation

All incoming international students and a designated adult, regardless of their chosen accommodations or quarantine option, must sign the GECDSB's COVID-19 Exposure and Compliance with Quarantine Act (Canada) Form prior to the student's first attendance at a GECDSB facility. It is located at the back of this document.

Custodianship Declaration

All International Students who are unaccompanied by a parent(s), must submit to the GECDSB a signed and notarized Custodianship Declaration* completed in full, regardless of the student's age. Any International Student that does not submit a valid Custodianship Declaration will not be accepted into the International Students Program.

The custodian must be:

- A Canadian citizen or permanent resident
- Over 19 years of age
- Currently resides at said home address stated on Custodian Declaration

The custodian must make the necessary arrangements for the care and support of the student in place of the parents as appropriate, and reside within a reasonable distance of the students' intended residence and school and able to fulfil the obligations as a custodian in the event of an emergency.

*Immigration, Refugees and Citizenship Canada, IMM 5645

International Students who are living with a parent(s) for the entire duration of their study period are exempt from submitting a Custodianship Declaration.

Communication and Relationship Building

The GECDSB encourages regular communication from agents and parents with the GECDSB International Students Program staff and MLI Homestay staff. We are all here to answer all your questions about international education at the GECDSB. Please reach out to our staff at any step along the process.

Students and parents should consider having video chats (Skype, FaceTime, Zoom, Teams, etc.) to get to know the student's Canadian host family. Regular meetings in the weeks before the student departs build rapport between families and allows students to ask any questions they might have. Regular virtual meetings bring comfort to the student and parents, allowing an introduction of the Canadian family and perhaps a virtual tour of the student's new home.

The GECDSB and MLI look forward to getting to know you and your students.

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Parents/Students and Agents:

- Communicate with GECDSB International Students Program Lead Michelle Marcuz, your agent if applicable, and your MLI Homestay Coordinator if applicable, about the student's arrival and quarantine plan;
- Consider having Skype, FaceTime or Zoom meetings to get to know the student's Canadian host family;
- Have readily available the name and phone number of the driver/host who will meet the student upon arriving at the airport, as the driver/host will not enter the airport building
- Know the exact meeting location outside the airport building where the student will be meeting the driver/host.

Preparing for 14 Day Quarantine

- Download COVID-19 App and Daily Symptom Tracker: <https://ca.thrive.health/>  Powered by  thrive health
- Read [Corona Virus Disease \(COVID-19\) How to Self-Monitor \(Public Health Ontario\)](#)
- Make a plan for your physical and emotional wellness during quarantine. Consider whether there is anything you want to bring to help keep you busy and entertained during the mandatory 14-day quarantine period

Medical Check / Testing (Where Possible)

Students who are able to obtain a medical clearance letter/certificate, COVID-19 or antibody test are asked to bring this documentation / test results with them when they travel to Canada.

Negative COVID-19 tests does not waive the requirement to quarantine (self-isolate) for 14 days upon arrival. The 14-day quarantine is mandatory for all travellers arriving into Canada.

Completing Arrival Plan(s)

Download ArriveCan App

Prior to arrival, all international students & travellers must provide their information for approval on the Canadian government's ArriveCAN application.

Download and complete the ArriveCAN App:



[iPhone/App Store](#)

[Android Devices](#)

As of November 21, 2020, air passengers arriving in Canada as their final destination, must use ArriveCAN to submit your:

- travel and contact information

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- quarantine plan (unless exempted under conditions set out in the mandatory isolation order)
- COVID-19 symptom self-assessment

You must:

- submit your information before you board your flight to Canada
- be ready to show your ArriveCAN receipt when seeking entry into Canada
- a border services officer will verify that you have submitted your information digitally

If you do not submit your information through ArriveCAN, you may:

- face additional delays at the border for public health questioning
- be subject to enforcement action, which can range from a verbal warning to a \$1,000 fine.

This information is provided by the Government of Canada, accessed on November 5, 2020:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>

Upon arrival in Canada, the student will be given a Token Number which must be entered into the App as this is the way that the Government of Canada monitors quarantine. Failure to do so may result in a fine.

Complete Required Pre-Departure Documents

The student/and or family must complete, sign, print, have readily available while travelling and email to international@publicboard.ca prior to arrival in Canada:

- GECDSB Support for Travellers Self-Isolation Form
- GECDSB International Students Protocol Form
- GECDSB Family Compliance with Quarantine Act (Canada) Form (if staying with parent(s))

The above forms must be emailed to international@publicboard.ca prior to arrival in Canada

Smart Phone Requirements

All International students must have a smart phone with a Canadian phone plan with data and Canadian phone number BEFORE they arrive in Canada. Students are strongly encouraged to use the services of a company such as PhoneBox that provides students with a Canadian SIM card. For more information, visit: <https://prepaid.gophonebox.com/?bn=31> Phone Box will mail a Canadian SIM card to you in your home country before you depart for Canada.

It is essential to have a local Canadian phone plan and Canadian phone number upon arrival in Canada:

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- i) Students and travelers to Canada must provide a local Canadian phone number to Customs and Border Services Agency upon arrival in Canada.
- ii) Your local Canadian phone number must be entered into the ArriveCan app which is mandatory for all travelers to Canada to download and complete.
- iii) After arriving in Canada, Government of Canada officials will call travelers to monitor compliance with the mandatory quarantine. Travelers must be prepared to answer calls from 1-855-906-5585 or 613-221-3100.
- iv) Throughout the 14-day quarantine period, students should expect regular telephone calls from the GECD SB International Students Program staff for monitoring purposes. This point is explained in more detail on the following pages.

Technology Requirements: All International Students must have a smart phone with a CANADIAN phone plan with data and CANADIAN phone number and a laptop computer upon arrival.

PACKING

Carry-on Luggage

Students must ensure they have the following packed in their **carry-on luggage**:

- Passport
- Study permit or approval letter (if studying for 6 months or longer)
- Letter of Acceptance from school district/board/division
- Custodianship Declaration
- StudyInsured health insurance coverage wallet card
- Homestay profile and contact information
- Contact information sheet for International Student Program / Homestay staff, including 24/7 emergency phone number
- Copy of this document
- GECD SB Support for Travellers Self-Isolation Form signed by student and parent(s)
- GECD SB International Students Protocol Form signed by student and parent(s)

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- Smart Phone with Canadian phone plan and Canadian phone number
- Laptop Computer
- Prescription medication & hygiene products
- Change of clothes (in case of delayed luggage)
- Travel-sized bottle of hand-sanitizer (100 ml or less)
- Disinfecting wipes
- 2 masks
- 3 pairs nitrile gloves
- Thermometer

Packed Luggage

Students must ensure they have the following packed in their packed luggage:

- 60 disposable face masks OR 30 disposable and 1 cloth face mask
- One large bottle of quality hand sanitizer
- One box nitrile gloves

B. TRAVEL PROTOCOL:

While in transit to the airport, in airports and during the flight(s), students must:

- Wear a mask
- Practice physical distancing (minimum 2 metres from others)
- Wash hands frequently and avoid touching face
- Use hand sanitizer regularly and as necessary, particularly before eating
- Sanitize personal space and high-touch areas (armrests, seat belts, tray tables, screens)
- Minimize trips to the washroom (flush the toilet with the seat cover down)
- Touch as few surfaces as possible

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- Keep mobile phone charged and if using throughout the flight to watch movies or play games, clean it with a disinfecting wipe frequently
- Bring some food as restaurants or stores may be closed
- Bring a refillable water bottle
- Self-screen for COVID-19 symptoms using the ArriveCan App, Government of Ontario COVID-19 screening tool for students and children in school and child care, or Thrive Canada COVID-19 App and Daily Symptom Tracker

If a student develops symptoms during travel:

- Most airlines around the globe, including those in Canada, are preventing anyone with symptoms to board a flight. In the event that the air operator observes that the air traveller has COVID-19 symptoms or that their response to any of the questions on the health check indicates a need to deny boarding (including refusal to answer the questions), the air operator will be required to refuse to board the person for travel for a period of 14 days or until a medical certificate is presented, confirming that the symptoms exhibited are not related to the COVID-19 virus.¹

¹ <https://www.tc.gc.ca/en/initiatives/COVID-19-measures-updates-guidance-tc/COVID-19-guidance-material-air-carriers-managing-travellers-check-in-procedure-international-airports.html#toc2>

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C. ARRIVAL IN CANADA PROTOCOL:

Upon arrival in Canada, the student should self-screen for COVID-19 symptoms using the ArriveCan App, Government of Ontario COVID-19 screening tool for students and children in school and child care, or Thrive Canada COVID-19 App and Daily Symptom Tracker.

If unplanned and urgent medical care is required upon arrival, the student and/or family must inform health care providers of the quarantine status of the student (and any co-arriving immediate family) as they have recently arrived to Canada.

The student should proceed through the airport while physical distancing (2m away from other people.)

The student must have all the documents outlined under 'Packing' ready to provide to Canada Border Services Agents.

The student will also be required to undergo a screening by a Canada Border Services Agency agent or quarantine officer to assess for symptoms.

If you have a study permit approval letter, pick up your Study Permit before getting your luggage.

Domestic Transit Protocol

Appropriate transportation of international students to their 14-day quarantine location must be consistent with Government of Canada recommendations. These include wearing a mask for onward domestic travel and travelling directly to the place of quarantine, excluding urgent medical stops. If requiring unplanned and urgent medical care following arrival, enroute to quarantine accommodations, the host/driver or parent must inform health care providers of the quarantine status of the student (and their co-arriving immediate family) as having recently arrived in Canada.

Students Arriving Unaccompanied

At the final destination airport, the student will need to:

- Text the driver/host to advise the flight has arrived
- Don a fresh mask
- Pick up your Study Permit
- Pick up baggage while physical distancing
- Exit the baggage area and go directly to the meeting location previously agreed upon
- Load their own luggage into the vehicle and sit as far from the driver/host as possible
- The driver/host must proceed directly to the place of quarantine without making any stops along the way, excluding urgent medical stops.

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Students Arriving with a Parent(s)

At the final destination airport, the family will need to:

- Text their host or privately pre-arranged transportation to advise the flight has arrived
- Don fresh masks
- Pick up student's Study Permit
- Pick up baggage while physical distancing
- Exit the baggage area and go directly to the location previously agreed upon to meet the driver/host
- Load their own luggage into the vehicle and sit as far from the driver/host as possible
- The driver/host must proceed directly to the place of quarantine without making any stops along the way, excluding urgent medical stops.

D. QUARANTINE PROTOCOL

As required under the Government of Canada's Quarantine Act, all travellers to Canada are required to quarantine for 14 days. Students must stay in their room for 14 days and avoid contact with others (keep a 2-metre distance).

Health Canada's quarantine (self-isolation) instructions mean that, for 14 days you need to:

- stay at home and monitor yourself for symptoms, even just one mild symptom
- avoid contact with other people to help prevent transmission of the virus prior to developing symptoms or at the earliest stage of illness
- do your part to prevent the spread of disease by practicing physical distancing in your home

To quarantine (self-isolate), take the following measures:

- Limit contact with others
- Stay at home or the place you are staying in Canada (do not leave your property).
- Only leave your home for medically necessary appointments (use private transportation for this purpose)
- Do not go to school, work, other public areas or use public transportation (e.g., buses, taxis).
- Do not have visitors
- Avoid contact with older adults, or those with medical conditions, who are at a higher risk of developing serious illness
- Avoid contact with others, especially those who have not travelled or been exposed to the virus.

If contact cannot be avoided, take the following precautions:

- keep at least 2 metres between yourself and the other person
- keep interactions brief
- stay in a separate room and use a separate bathroom, if possible
- Some people may transmit COVID-19 even though they do not show any symptoms. Wearing a non-medical mask or face covering (i.e., made with at least two layers of tightly woven fabric,

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constructed to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) if close contact with others cannot be avoided, can help protect those around you

- Avoid contact with animals, as there have been several reports of people transmitting COVID-19 to their pets

For more information, visit: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html>

Self-Monitoring and Assessment

1. International Students are responsible for on going self-monitoring and assessment of COVID-19 symptoms. As a best practice, the ArriveCAN app will be used by international students within 48 hours after arrival in Canada, and for their daily symptom reporting.



[iPhone/App Store](#)

[Android Devices](#)

If a Student Develops Symptoms or is Diagnosed with COVID-19:

If experiencing even mild symptoms including fever, chills, cough, shortness of breath, loss of sense of smell, headache, muscle ache, fatigue or loss of appetite, advise your supervisor/host.

Use self-assessment tool at: <https://ca.thrive.health/> and seek medical attention as necessary.

To avoid spreading COVID-19, the following may occur:

- Student will remain in the accommodation, in accordance with Public Health direction
- Natural parents/agents will be informed

Government Monitoring and Assessment

You will be called from 1-888-336-7735 to verify your compliance during your 14-day quarantine.

For more information, visit: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>

Note that you may also be contacted by provincial/territorial authorities throughout your 14-day quarantine.

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After arriving in Canada, Government of Canada officials will call travelers to monitor compliance with the mandatory quarantine. Travelers must be prepared to answer calls from 1-888-336-7735

GECD SB Monitoring and Assessment

- The GECD SB will provide for regular and robust monitoring of quarantined students throughout the 14-day quarantine period for COVID-19 symptoms, general well-being, compliance with quarantine requirements and individual COVID-19 infection control practices.

Throughout the 14-day quarantine period, students should expect regular telephone calls from the GECD SB International Students Program staff for monitoring purposes.

Students must be prepared to answer telephone calls from 519-255-3200.

If students do not answer a phone call, GECD SB staff will attempt to reach alternate contacts for the student including homestay family, custodian, agent or natural parent. If still no contact is made, staff will report the student to government authorities for non-compliance.

COVID-19 Assessment Centres

As of this time (October 15, 2020) **symptomatic** Individuals can be tested by appointment only at the following Assessment Centres:

Windsor Regional Hospital Ouellette Campus

1030 Ouellette Avenue, Windsor

Entrance from Goyeau Street, to the left of the Emergency Department

HOURS

Monday to Friday - 8 am to 7 pm

Saturdays and Sundays - 9 am to 4 pm

Erie Shores HealthCare

194 Talbot Street West, Leamington

Entrance from Fader Street, segregated area next to the Emergency Department

HOURS

Every day 9AM to 6PM

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Shoppers Drug Mart Pharmacies

As of this time (October 15, 2020) **asymptomatic** International Students can be tested **by appointment only**, at the following Shoppers Drug Mart pharmacy locations in Windsor, who meet criteria established by the province:

- International students that have passed their 14-day quarantine period

1. Huron Church

1760 Huron Church Rd
Windsor, ON N9C 2L4
Phone (519) 253-5653

2. Tecumseh Mall

7720 Tecumseh Rd E
Windsor, ON N8T 1E9
Phone (519) 945-2371

3. Devonshire Mall

3100 Howard Ave, Unit T20
Windsor, ON N8X 3Y8
Phone (519) 969-4523

IMPORTANT!

- You must be accompanied by an adult.
- You must show photo ID.
- You must bring your StudyInsured medical insurance e-card.
- You must not have had a negative COVID-19 test result in the last 30 days.
- Proof of enrollment as an International Student is not necessary.
- There is no cost for the test.
- The pharmacy will contact the individual to provide the COVID-19 test result.

This information was accessed on Shoppers Drug Mart website on 2020 10 15. For information, visit <https://www1.shoppersdrugmart.ca/en/health-and-pharmacy/covid-19>

Transit to COVID-19 Testing Site

While in quarantine, students in transit to and from the COVID-19 testing location must continue to follow all public health directions including the use of non-medical masks or any other personal protective equipment, social distancing, and protocols for limiting any unnecessary contact with any other person while outside of quarantine for testing purposes.

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General Responsibilities & Expectations

3. Stay in your assigned room and away from others
4. Keep your room well-ventilated and clean – open your window to let the air circulate if permissible by your supervisor/host.
5. Practice good hygiene:
 - a. wash your hands frequently with plain soap and water for at least 20 seconds
 - b. cover your mouth and nose with your elbow (or use a tissue) when coughing or sneezing - avoid coughing into either your hands or into the air. Dispose of used tissues right away into a trash bin and immediately wash your hands
6. Use of the bathroom:
 - c. Clean the bathroom regularly with cleaning products provided.
 - d. Flush the toilet with the lid down
7. Keep bathroom & frequently touched surfaces such as doorknobs, countertops, dressers, and other surfaces clean and disinfected at least once a day.
8. Keep personal items separate from those belonging to others.
9. Package up your garbage. Wash your hands immediately after disposing of your garbage.
10. Find some time to go outside each day, as arranged and approved by your supervisor/host.
11. Stay connected – text, email, FaceTime with your friends, host family and natural family.
12. Monitor your physical and mental well-being
13. Establish a ‘routine’ as quickly as possible including a regular wake-up time and bedtime.
14. Take care with laundry:
 - e. All student’s clothes worn during the flight should be laundered as soon as possible
 - f. All student’s clothes should be washed separately from host family laundry
 - g. Take direction from your host family about how to manage your laundry.
15. Eat meals and snacks in your bedroom. The host family will bring meals and snacks to your room.
16. Ask for help from your supervisor/host at any time.

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E. POST QUARANTINE PROTOCOL

1. Continue to practice proper, recommended hygiene (wash hands frequently, keep room clean, let host family know if you don't feel well and if you are ill do not attend school or be in social contact with others).
2. Use proper coughing and sneezing etiquette (into your elbow, not your hand & if using a tissue, dispose of the tissue in a plastic lined garbage container immediately).
3. Practice physical distancing (at least 2m away) from all people who are not members of your immediate household.
4. Wear a mask at school and public indoor spaces.
5. Avoid malls, crowded spaces and participating in sports where physical distancing is difficult.
6. Follow and respect government health directives.
7. Become connected and make new routines with your host family.
8. Become familiar with the GECDSB's health and hygiene protocols found on the website, www.publicboard.ca
9. Conduct a daily COVID-19 self-screening before leaving the house for school. The GECDSB mandates the use of the Government of Ontario's designated COVID-19 self-screening tool for school and child care, found here: <https://covid-19.ontario.ca/school-screening/>
10. The GECDSB will support international students after they complete their 14-day quarantine period. Seek medical or mental health support as needed. Notify a trusted adult (parent, host family member, teacher or other school staff member, MLI coordinator or custodian) if you require mental or physical health support, anti-racism or COVID-19 stigma support, or support with compliance with COVID-19 infection control practices.
11. Students are responsible for carrying their StudyInsured Medical Insurance wallet card at all times. Ensure your parent or host parent has a copy of your wallet card with them at all times. Read the insurance package and become familiar with the policy coverage.
12. In case of any medical or mental health emergency, dial 9-1-1.

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NEW* DEPARTING FROM CANADA:*Flying out of Canada: COVID-19 testing for outbound international travellers**

It is the responsibility of the student/parent and agent (if applicable) to make themselves aware of their country's COVID-19 testing requirements for incoming air travellers. Many countries require proof of a negative COVID-19 test within a certain time period prior to their scheduled departure from Canada. Students/parents and agents must confirm all of their country's entry requirements prior to departure.

As of March 4, 2021, COVID-19 testing is available at the following locations for outbound international travellers:

Erie Shores HealthCare

Address: 194 Talbot St W, Leamington, ON N8H 1N9
Call to schedule an appointment
Phone: (519) 326-2373

Medical Laboratories of Windsor

Address: 5841 Malden Rd, LaSalle, ON N9H 1S0
Call to schedule an appointment
Phone: (519)-258-1991

Travel Health Windsor

Address: 5115 Tecumseh Rd E, Windsor, ON N8T 1C2
Call to schedule an appointment
Phone: (519) 945-4503

Audacia Bioscience

105-880 North Service Road, Windsor, ON N8X 3H6
Visit website to schedule an appointment: www.audaciobioscience.com/booking
Phone: (833) 819-9048

When scheduling an appointment, students are advised to confirm the timeline for results, type of test provided, and the cost of the test well in advance of their scheduled departure from Canada.

All location information was verified by telephone on March 4, 2021.

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Definitions:

The Public Health Agency of Canada draws a distinction between the need to [quarantine](#) (self-isolate) and [isolate](#).²

- **Quarantine (self-isolate):** Quarantining is necessary for 14 days if you have **no symptoms** and **any** of the following apply: you are returning from travel **outside of Canada** (mandatory quarantine); you had close contact with someone who has or is suspected to have COVID-19; **or** you have been told by the public health authority that you may have been exposed and need to quarantine.
- **Isolate:** You must isolate if **any** of the following apply: you have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19; you have symptoms of COVID-19, even if mild; you have been in contact with a suspected, probable or confirmed case of COVID-19; you have been told by public health that you may have been exposed to COVID-19; **or** you have returned from travel outside Canada with symptoms of COVID-19 (mandatory).

Resources:

For further reading on preparation for contact with and care for individuals exposed to COVID-19, please refer to the following:

- Public Health Agency of Canada (PHAC) Being Prepared - for individuals: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html#a2>
- Provincial and territorial resources for COVID-19: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/provincial-territorial-resources-COVID-19.html>
- COVID-19 App and Daily Symptom Tracker: <https://ca.thrive.health/>
- Public Health Ontario [Corona Virus Disease \(COVID-19\) How to Self-Monitor](#)

² <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#self>

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