

# ***COVID-19: Manitoba Travel and Arrival Protocol for International Students***

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**BRANDON  
UNIVERSITY**

Updated: October 2021

## Welcome Message

Manitoba universities are ready to welcome international students for the 2021-2022 school year. However, international students traveling to Canada and Manitoba must follow government regulations for the COVID-19 pandemic to keep travellers and communities safe. This document outlines what international students must do while traveling to and upon arrival in Manitoba to meet these requirements.

Please note that it is the law to quarantine (or “self-isolate”) for 14 days after your arrival in Canada if you are not fully vaccinated with a government approved vaccine. If you do not follow quarantine instructions, you may face financial and/or criminal penalties. These penalties may include:

- a fine of up to \$750 000.00 and/or
- 6 months of jail time

In order to ensure the safety of yourself and our community and a smooth transition to BU, please read through and follow the necessary instructions outlined in this package.

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# Travel Safe

## Before You Travel

1. **Print and read this entire *Manitoba Travel and Arrival Protocol for International Students* document before you leave your home country. Refer to this document when you make your travel plans on an as needed basis. ALL students and co-arriving immediate family members (vaccinated and non-vaccinated) must have 14-day quarantine plans made in collaboration with Brandon University in advance of their arrival to Canada.**

- **CAUTION: Students must be aware of and disregard all messaging on social media platforms saying that they should cancel their quarantine bookings because it is possible to quarantine for free at designated quarantine facilities. This information is false and misleading.**
- **On arrival in Canada, international students and co-arriving immediate family members are required to provide, on request, evidence of COVID-19 vaccination and the original version of that evidence to any official of the Government of Canada, including a public health official, or of the government of a province or to the local public health authority of the place where the traveller is located. This is how local public health authorities will verify the vaccination status of international students and their co-arriving immediate family members.**

2. **Plan your flights as follows:**

- If you have not received 2 doses of a [Canadian approved vaccine](#) 14 days prior to your arrival at your port of entry to Canada, you **must** quarantine for 14 days.
- Book your flight
  - from your home country to your port of entry to Canada, and
  - then from your port of entry in Canada to Winnipeg, Manitoba or Brandon, MB (if required)
- If you must quarantine, take the 14-day quarantine time into consideration when booking your flight(s).
  - Current travel restrictions and exemptions at <https://travel.gc.ca/travel-covid> and <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>
  - Necessary documents at <https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/study-permit/prepare-arrival.html>
  - Government of Canada mandatory 14-day quarantine requirements at <https://travel.gc.ca/travel-covid/travel-restrictions/isolation>

### 3. If required, book your accommodation for your 14-day quarantine period

- If you fly directly from your home country to Winnipeg, Manitoba, and are required to quarantine for 14 days in Winnipeg, please find below a list of hotels/school accommodation with their rates and contacts in Winnipeg.
- Some situations require you to quarantine or isolate for longer than 14 days. These include:
  - If you start having symptoms of COVID-19, OR receive a positive COVID-19 test, you **must** isolate yourself from others immediately for a period of 14 days that begins the day you have a COVID-19 test or develop symptoms.
  - On day 8 of your mandatory quarantine, you must take another COVID-19 test. You **must** stay in your place of quarantine until you receive a negative test result.

Hotel Proposal Summary (Updated November 2021)

Hotel	Region	Phone number	Website	Daily Rate	Total Room (14 days)	Meal Plan Price (14 days)	Airport Transfer	French Speaking Staff	Covid +	Notes
The Fort Garry Hotel, Spa & Conference Centre	Downtown	1-888-855-4599	<a href="https://www.fortgarryhotel.com/">https://www.fortgarryhotel.com/</a>	\$164	\$2,296	not available	No	Yes	No	
Best Western Plus Winnipeg Airport Hotel	St. James District	204-775-9889	<a href="https://www.bestwestern.com/en_US/book/hotel-details-testbw.63017.html">https://www.bestwestern.com/en_US/book/hotel-details-testbw.63017.html</a>	\$109	\$1,526	not available	Yes	Yes		
Hilton Winnipeg Airport Suites	St. James District	204-783-1700	<a href="https://www.guestreservations.com/hilton-suites-winnipeg-airport/booking?msclkid=91281c3f86a31c693cc17da4624f0e5f">https://www.guestreservations.com/hilton-suites-winnipeg-airport/booking?msclkid=91281c3f86a31c693cc17da4624f0e5f</a>	Not accepting reservations at this time. Only for those that are going up north and have to quarantine.						
Sandman Hotel & Suites Winnipeg Airport	St. James District	204-775-7263	<a href="https://www.sandmanhotels.com/winnipeg-airport">https://www.sandmanhotels.com/winnipeg-airport</a>	\$117	\$1,638	not available	No	No	No	
Viscount Gort Hotel, Banquet & Conference Centre	St. James District	204-775-0451	<a href="https://www.viscount-gort.com/">https://www.viscount-gort.com/</a>	\$130	\$1,820	\$991	No	Yes	No	
Days Inn & Suites by Wyndham Brandon	Brandon	204-727-3600	<a href="https://www.wyndhamhotels.com/en-ca/days-inn/brandon-manitoba/days-inn-and-suites-brandon/overview?CID=LC:DI:20160927:Rio:Local&amp;iata=00093796">https://www.wyndhamhotels.com/en-ca/days-inn/brandon-manitoba/days-inn-and-suites-brandon/overview?CID=LC:DI:20160927:Rio:Local&amp;iata=00093796</a> <a href="https://brandon.vicinn.com/">https://brandon.vicinn.com/</a>	\$79	N/A	N/A	No	No	No	
Victoria Inn Hotel & Convention Centre	Brandon	204-725-1532		\$125.99 (single occupancy) / \$135.99 (double occupancy)	\$2,019.62 / \$2,176.42	N/A	No	No	No	

### 4. Determine what services are offered by your Manitoba quarantine accommodation provider.

Ask questions such as:

- What does the price include, or not include?
- Do you provide transportation from the airport to the accommodations?
- Do you provide meal delivery services?
  - If yes, how often and at what cost?
  - If no, [are there cooking facilities/refrigerator/microwave? And, how would I get food for cooking?](#)

- Do you provide bedsheets, towels, dishes, and other supplies, including cleaning supplies?
- [Will I have a private room and bathroom?](#)
- [Is wi-fi included and is there a cost?](#)
- [How and where can I do laundry?](#)
- Is there access to a private area outside (patio/balcony/yard)? If you are a smoker, note that you will NOT be able to legally smoke indoors in **any** public place (example: a hotel or university residence), and many private homeowners will not allow smoking indoors.
- **Ask anything else that is important for your health, safety, and comfort. Write down answers, date of call/email, and name of person who answered.**

## 5. Transportation

On arrival in Canada, international students and co-arriving family members who meet the requirements to be exempt from the mandatory 14-day quarantine period may use public transportation following the guidelines of local public health orders. Students must provide proof of quarantine or of vaccination prior to receiving 3<sup>rd</sup> party transportation.

The *Brandon Air Shuttle* provides transportation from the Winnipeg International Airport to addresses in Brandon. The number for the *Brandon Air Shuttle* is 204-729-3333.

Taking a taxi advice:

- Manitoba Public Health advises that one student can be in the taxi/hotel shuttle from the airport to hotel.
- The taxi driver will screen you for symptoms of Covid 19 or exposures prior to entering the vehicle.
- You will be encouraged to use an alcohol-based hand sanitizer before entering the taxi.
- You may be required to load and unload suitcases by yourself in and out of the trunk of the vehicle.
- You will be asked to sit in the back seat.
- Cashless payment is preferred.

- 6. Arrange to take a COVID-19 molecular test in your country of departure within 72 hours before your scheduled flight departure or arrival at a land border.** You will need to show this result to the airline before boarding a flight to Canada and again at the Canadian airport (or land border). See [this link](#) for accepted types of tests and test result requirements.

**7. Understand your responsibilities as a traveler entering Canada, including requirements for testing before departure, and testing/quarantine upon arrival.**

Read the information located on the Government of Canada's website

(<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>) Click on each of the links below; this website

lists important information about requirements for travel, arrival, and quarantine, including:

- A "Flying to Canada requirements checklist" [here](#).
- A "Driving to Canada requirements checklist" [here](#).
- Required COVID-19 testing [here](#), or [here](#).
- [Guidance about COVID-19 vaccinated travellers entering Canada](#)
- [Guidance about quarantining](#). You must:
  - go directly to your place of quarantine, without stopping anywhere, and stay there for the full required number of days. (Exceptions: medical, fire or police emergency.)
    - do not go to school, work, other public areas, or another person's home
  - monitor your health for symptoms of COVID-19
  - arrange to have someone pick up or deliver essentials like groceries or medication for you
  - do not have visitors
  - if you go outside for fresh air, stay in a private place like your yard or balcony
  - keep a distance of at least 2 arm's lengths (approximately 2 metres) from others. If this is not possible because of an emergency, wear a mask that covers your nose and mouth.

**8. Pack appropriately for your 14-day quarantine**

Pack things you will need for your travel as well as for your 14-day quarantine period.

Aside from the usual items you would pack, such as clothing and toiletries, some suggested items to help you through travel to Canada and quarantine include:

- Prescription or other medication, in *original* bottles/package
- Face masks
- Thermometer
- Printed copies of documents, including those listed in the "During Travel" section of this guide
- Laptop, phone, and chargers, to keep connected with your family and friends
- Activities for quarantine, such as books and games

- Bedsheets and towels (if your quarantine arrangements require you to bring your own)
- A credit card, if possible, so you can purchase delivery services when needed

**9. Download the ArriveCAN app to your mobile phone and enter your travel information, quarantine plan, and contact information up to 48 hours before arriving in Canada.**

- This will speed up your arrival through Canada Immigration at the port of entry, meaning you will spend less time with border and health officers.
- You will **also** need to use the ArriveCAN app to:
  - i. Confirm that you have arrived at your quarantine accommodation; and
  - ii. Complete COVID-19 symptom self-assessments each day of your quarantine
- Download the most recent version from here:
- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>

**10. Click [here](#) for a helpful PDF showing the steps you will need to follow.**

We suggest you print this and keep it with you as you travel to help you remember.

## During Travel

**1. Carry these important documents with you. Carry one hard copy and one electronic copy, if possible:**

- Passport, and copy of passport photo page in another location of your luggage
- Study Permit or Study Permit Approval Letter
- Letter of Acceptance (and Custodianship document, if required, signed by you and your parent(s) / guardian(s))
- Copy of this document, signed by you and your parent(s) / guardian(s)
- Your quarantine plan (i.e. Pre-Arrival Information Form)
- Proof of health insurance/insurance information
- Proof of Negative PCR test result
- Contact names, addresses, emails and phone numbers of accommodation and travel providers, and Manitoba school's International office. You could use the Personal and Arrival Information form provided later in this document.
- Credit card(s), if possible, and other methods to access funds

**2. Comply with the following airline/airport/government health requirements/regulations**

- Wear a mask and gloves;
- Wash hands frequently;
- Use hand sanitizer when necessary;
- Practice physical distancing (minimum 2 metres from others);

- Sanitize your personal space and high touch areas;
- Minimize trips to the washroom (Flush the toilet with the seat cover down);
- Touch as few surfaces as possible;
- Keep your cell phone charged
- You must continue to monitor your health for
  - Fever
  - Cough
  - Difficulty breathing

If symptoms present themselves during your travel (cough, shortness of breath, fever greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating), immediately contact your airlines/flight crew.

Please refer to the [Symptoms of COVID-19](#) for additional symptoms common to COVID-19.

To help reduce the spread of COVID-19:

- Go directly to your place of quarantine. Do not make any stops while in transit.
- Check-in within 48 hours of arrival through the [ArriveCAN](#) app or call 1-833-641-0343.
- Report your symptoms through the [ArriveCAN](#) app or call 1-833-641-0343 every day until the end of your 14-day quarantine.

For travellers *without* symptoms of COVID-19 returning to Canada:

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

For travellers with symptoms of COVID-19 returning to Canada:

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/travellers-with-symptoms-return-canada.html>

- 3. If you exhibit symptoms during travel, contact your travel agent and airline as soon as possible. They will best be able to guide you on requirements based on your current location. Be sure to alert your family, accommodation provider, and school if there are any delays in your travel plans to Canada.**

## Arrive Safe

- Read about entry to Canada and about COVID-19 testing [here](#), [here](#) and [here](#). [This PDF is a good view of the steps, but read and follow all of the information in the links above.](#)
- On arrival in Canada, international students and co-arriving immediate family members who meet the requirements to be exempt from the mandatory 14-day

quarantine period will receive a turquoise handout. The handout is not personalized. It is the student's responsibility to meet the requirements of the federal public health and quarantine requirements outlined in the handout.

- All arriving international students and co-arriving immediate family members must be prepared to quarantine, even if they believe they will be exempt from the requirement.
- Even if they are vaccinated, Government of Canada officials may not provide a turquoise handout (an exemption) if they believe the individual needs to quarantine. Reasons a Government of Canada official may deny a vaccinated individual an exemption may include, but are not limited to, their assessment that the individual:
  - Did not receive last vaccine dose at least 14-days prior to entering Canada
  - Does not present the required documents (including properly translated foreign credentials)
  - Has tested positive for COVID-19 at the border
- International students must consult with Brandon University to ensure they understand and meet the criteria for quarantine exemption.
- On arrival in Manitoba, international students and co-arriving immediate family members are obligated to isolate if symptomatic or when they have a positive COVID-19 test result on Day 1 or 8.
- Students who test positive while in quarantine must remain in isolation for 14 days from the date the sample was taken and which has been validated by the test provider at their DLI's prescribed Suitable Place of Isolation. Institutions with pre-approved quarantine facilities are responsible for ensuring that students have transportation from the Government Authorized Accommodation, and are able to remain at the facility until the end of their isolation period.
- All international students and co-arriving immediate family members are expected to have the financial means to support themselves for the full 14-day quarantine period, including the 3-night stay at Government Authorized Accommodations, and any extended period of isolation should they test positive for COVID-19.
- Be prepared to follow airline and airport directions about wearing a mask/face covering, washing/sanitizing your hands, staying 2 meters apart from other people, or other actions.
- Answer every question from airline, airport or border staff **completely and truthfully**. It is okay to ask someone to repeat a question or explain it in a different way if you do not understand.
- Travel directly to your place of quarantine. Do not stop anywhere. Wear a mask or face covering while traveling to your place of quarantine

- Contact the International Office at your school by email ([international@brandonu.ca](mailto:international@brandonu.ca)) or phone (204-727-7479) to tell them you have arrived. Be sure to give the office your most up to date contact information (email address, postal address, and phone number).
- Please continue to check these websites for the most up to date information:
  - Government of Manitoba COVID-19 information [here](#).
  - Government of Canada COVID-19 information [here](#).

## Quarantine/Self-Isolate Safely

It is important that you follow the [Government of Canada's requirements](#) for quarantine, including:

- Quarantining in a location without vulnerable people, such as those over the age of 65 or individuals with underlying medical conditions
- Having access to basic necessities such as food and toiletries
- Wearing a mask when travelling to your place of quarantine
- Travelling directly from your place of arrival in Manitoba to your place of quarantine AND
- Monitoring your health for symptoms of COVID-19 throughout the 14 days of quarantine.

Students will be required to self-monitor for symptoms of COVID-19 using the Manitoba Self Screening Tool. If you experience any symptoms of Covid-19 during the quarantine period, follow the directives of the Province of Manitoba.

- The Screening Tool is available in Interactive Voice Response (IVR) format. Call 1-877-308-9038 or online at <https://sharedhealthmb.ca/covid19/screening-tool/>.
- The Province of Manitoba offers a service called Health Links – Info Santé, a bilingual (English/French) phone-based nursing triage service. They can advise you on what to do in your specific health situation. You can contact Health Links – Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.
- If you become ill during your quarantine period, make an appointment at a testing center [here](https://www.gov.mb.ca/covid19/testing/locations.html): <https://www.gov.mb.ca/covid19/testing/locations.html>. After your test you must continue to quarantine until you receive test results. If the test result is positive, Manitoba Public Health officials will contact you. You will be required to follow all guidance and requirements from Public Health. This may include self-isolating *longer than* the original 14-day quarantine period.

- You can arrange a ride to the testing services through Health Links here. Just ask!: <https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>
- Any additional costs related to testing positive for Covid-19 and/or requiring a longer quarantine are the responsibility of the student/parents.

Quarantine can be difficult for some students. It is important that you take care of yourself during this time of isolation and keep connected with your friends and family using other methods, such as *FaceTime* and *Zoom*. Here are a few useful tips to help you through the quarantine:

- **Connect with your school.** All Manitoba schools are ready to provide academic support, anti-racism support, as well as physical and mental wellness supports.
- **Further information on anti-racism and stigma** can be found [here](#).
- **Develop a support network.** Form an online chat group with close friends. Stay in contact with your family. Reach out to your school advisors/instructors by email. Check your school and community social media resources to start “meeting” people. The more people you know in Manitoba, the more connected you’ll feel!
- **Be active.** Exercise is important for your mental outlook and helps prevent depression. Take a break from your quarantine boredom and get moving on a regular basis. There are many online home workouts that are useful when quarantining! For example, you can find many workouts at the YMCA: <https://ymca360.org/>
- **Eat well.** Choose a wide variety of healthy, nutritious foods. Eat regularly to keep up your energy, in amounts that help you feel and perform your best.
- **Get enough sleep.** Sleep is vital to your mental well-being. Go to bed at a reasonable hour and wake up at roughly the same time every day. Jet lag may be a challenge for you as part of your adjustment to your move to Canada, so you could download meditation or sleep apps that help you develop a regular sleep schedule.
- **Seek professional help.** You’re not alone and there are many people who can help. Talk to a professional about how you are feeling; talk to your school’s student services team. Don’t just rely on the advice of friends. Sometimes you need more and we’re here to support you.
- **Take a break from watching or reading the news.** Get your news from reliable sources. Try not to watch the same stressful stories over and over in the same day. Do not end your day by watching the news before bed; this could interrupt sleep.

Study Safe

## After Your Quarantine

After your 14-day quarantine has passed, if you have no symptoms, you may now attend school, leave your home and begin to explore your community in the Province of Manitoba, Canada.

- Continue to follow and respect Manitoba Health regulations and directives, including wearing a mask and physical distancing from other people in public and washing or sanitizing your hands often.
- Remember to use proper coughing and sneezing etiquette (into your elbow, not your hand) and if using a tissue, dispose of the tissue in a plastic lined garbage container immediately.
- Registered international students are automatically enrolled under the Manitoba International Student health Plan (MISHP). For your coverage details, please visit <https://www.brandonu.ca/international-activities/information-for-international-students/health-insurance/> and visit MISHP COVID-19 FAQ at [https://www.brandonu.ca/international-activities/files/EN\\_Studentcare\\_MISHP\\_COVID-19\\_FAQ-1.pdf](https://www.brandonu.ca/international-activities/files/EN_Studentcare_MISHP_COVID-19_FAQ-1.pdf).
- If you feel sick at any time, stay at home and be sure to tell your Program and international office immediately. Use the self-assessment tool at <https://sharedhealthmb.ca/covid19/screening-tool/> or <https://ca.thrive.health/>. Follow directions and seek medical attention or contact Manitoba Public Health, as guided.
- If you have symptoms of COVID-19, book an appointment at a testing center [here](https://www.gov.mb.ca/covid19/testing/locations.html): <https://www.gov.mb.ca/covid19/testing/locations.html>.
- You can arrange a ride to the testing services through Health Links here upon request: <https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>. Call Health Links-Info Santé, a telephone health information service staffed 24 hours a day, seven days a week by knowledgeable nurses and is free of charge everywhere in Manitoba at 1-888-315-9257.
- After your test, you must quarantine until you receive your test results. If your test result is positive, Manitoba Public Health officials will contact you. You will be required to follow all guidance and requirements from Public Health.
- Any additional costs related to testing positive for Covid-19 and/or requiring a quarantine are the responsibility of the student/parents.

### COVID-19 vaccines and immunization

Covid 19 vaccinations for international students will be at no cost (free). For detailed information, please visit <https://www.gov.mb.ca/covid19/vaccine/index.html>.

- The Manitoba government will administer the vaccine to non-Manitoba residents who have been isolating in Manitoba for at least 14-days, and who will remain in Manitoba for a further 16-days minimum, resulting in a total stay of no less than 30-days. Non-residents

must meet the minimum age requirement for each vaccine as listed in the eligibility criteria found here: <https://www.gov.mb.ca/covid19/vaccine/eligibility-criteria.html>.

- Temporary residents, including international students and their co-arriving immediate family members, must provide proof of date of entry to Manitoba, as well as documentation to support the reason and anticipated length of their stay (e.g., student visa, work visa, immigration documents).
- International students and their co-arriving immediate family members:
  - do not require a Manitoba health card to be vaccinated. All Manitoba supersites are open and offering walk-in and appointment-based vaccinations, with adjusted clinic hours. For hours and days of operation, visit <https://www.gov.mb.ca/covid19/vaccine/finder.html>. International students and their co-arriving immediate family members may walk-in at these locations for vaccination, provided that they are eligible and bring all required documentation.

Please note that appointments cannot be made online without a health card. International students who wish to book an appointment in advance are to telephone **1-844-626-8222** to do so. Individuals should call for an appointment as soon as possible upon arrival in Manitoba. They must indicate on the call that they are an international student or, if they are a co-arriving immediate family member, they should indicate they are newly arrived to Canada.

- must complete the required consent form prior to their appointment, and bring it with them. Please note that certain areas of the form will not apply to non-residents, and should be left blank. The consent form is available at: [COVID-19 Vaccine Consent Form \(manitoba.ca\)](#).
- Immunization staff will collect alternate information as required, during the appointment.
- must present a valid Passport ID when attending their vaccination appointment.
- are eligible to receive a second dose in Manitoba if their first dose was in their home country. Upon arrival, they should contact a local public health office to have their first dose recorded. Healthcare professionals will advise them as to their vaccination schedule in Manitoba. Students will require a proof of vaccination document from their public health office or equivalent in their home country. Note: If their first dose was a vaccine not approved in Canada, healthcare professionals will also advise them as to their vaccination schedule in Manitoba. For a list of public health offices visit:  
<https://www.gov.mb.ca/health/publichealth/offices>

More information on vaccines is available at <https://www.protectmb.ca>.

*Immunization Cards and Records*

- At this time, an immunization card is only available for people with a Manitoba health card. However, individuals who have received vaccination in Manitoba can contact local public health offices to receive an official immunization record.
- Current information on immunization cards and immunization records is provided at: <https://www.gov.mb.ca/covid19/vaccine/immunization-record.html>
- For a list of local public health offices visit: <https://www.gov.mb.ca/health/publichealth/offices.html>

#### *COVID-19 Testing*

- It is important to go for testing as soon as a person starts to feel unwell, even if only mildly ill. Identifying and isolating positive cases, as well as identifying and isolating any close contacts as quickly as possible is important for reducing the transmission of COVID-19 in communities.
- For information on symptoms, testing, location of testing sites, and accessing results, visit: <https://www.gov.mb.ca/covid19/>

#### *Questions or Concerns Related to COVID-19*

- Please visit <https://www.gov.mb.ca/covid19/> or call Health Links–Info Santé in Winnipeg at 204-788-8200; toll free elsewhere in Manitoba 1-888-315-9257.

#### **Health Privacy**

Out of respect for your personal health information, and by Manitoba’s Personal Health Information Act, you are **not** required to provide personal health information/diagnosis to your school or employer.

However, your school is here to support you. We welcome you to contact us if you need assistance with navigating our medical system, requesting academic modifications, contacting family, or other needs. If your health requires you to miss classes or work, contact your school or employer to help you manage this in a safe way for everyone.

Information about Brandon University’s current Covid 19 policies and procedures can be found here: <https://www.brandonu.ca/safety/coronavirus/>

## Quarantine and Isolation for International Students - *Frequently Asked Questions*

**Note:** In addition to the below FAQs, further details regarding the [Government of Canada requirements for fully vaccinated travellers](#) can be found by clicking [this link](#).

### **Q. What is the difference between quarantine and isolation?**

**A.** In accordance with the requirements set out in the Emergency Order under the *Quarantine Act*, all travellers entering Canada are required to [quarantine](#) or [isolate](#), in accordance with the requirements set out in the Emergency Order.

Travellers who have no symptoms must **quarantine** for a minimum of 14 days, meaning they are separated from others so as to prevent the possible spread of disease. **Isolation** refers to the separation of persons who have reasonable grounds to suspect that they have COVID-19, who exhibit signs and symptoms of COVID-19 or who know that they have COVID-19.

For travellers flying to Canada, the quarantine period includes a mandatory 3 night pre-paid booking at a government-authorized hotel at their own cost, unless exempted.

- Students who **test negative** for COVID-19 upon arrival to Canada and who have completed the 3-day stay in the Government Authorized Accommodation will continue their [quarantine](#)
  - According to the pre-established quarantine arrangements made by the designated learning institution (DLI) as set forth in their Readiness Plan, as approved by PT health authorities
  - They may take public transportation from the Government Authorized Accommodations to travel to their place of quarantine.
- Students who **test positive** for COVID-19 upon or after arrival to Canada will [isolate for 14 days from the date the sample was taken and which has been validated by the test provider, and](#) according to the pre-established isolation arrangements by their DLI:
  - They must use transportation provided by the designated learning institution that has been pre-approved by local public health authorities;

They must remain in isolation for 14 days [from the date of their positive test result](#), which may extend the total time spent in quarantine and isolation.

### **Q. Will international students be required to quarantine after arriving at their final travel destination while they await their on-arrival COVID-19 test results?**

**A.** Beginning July 5, 2021, fully vaccinated travellers **including international students**, are not required to quarantine while they await the results of their on-arrival COVID-19 test results if they meet very specific conditions (listed below).

All travellers will be required to disclose COVID-19 vaccination information, including whether they received a COVID-19 vaccine, the brand name or any other information that identifies the vaccine that was administered, the dates on which the vaccine was administered, and the doses received. Travellers who are not considered fully vaccinated are required to meet the full 14 day quarantine.

To be considered fully vaccinated, travellers must:

- Have received the full series of a COVID-19 vaccine — or combination of vaccines — [accepted by the Government of Canada](#), at least 14 days prior to entering Canada. Currently, those vaccines are manufactured by Pfizer, Moderna, AstraZeneca/COVISHIELD, and Janssen (Johnson & Johnson). Vaccines accepted by the Government of Canada do not have to have been administered in Canada to be accepted.
- Provide proof of vaccination in English or French (or a certified translation).
- Meet the pre-entry and on-arrival testing requirements (pre-departure PCR and take arrival test) and be asymptomatic,
- Submit all required COVID-19 information electronically using ArriveCAN prior to travel to Canada, have a paper or digital copy of their proof of vaccination, and have a suitable quarantine plan.

Travellers exempted from quarantine are still required, during the 14 days after entry to Canada, to wear a mask when they are in public and maintain a list of the names and contact information of persons with whom they are in close contact with and the locations visited during that period, as well as follow any other public health measures of the province or territory they are in.

Travellers who self-declare as fully vaccinated but do not meet the conditions described above will need to complete a 3 night stay in Government-Approved Accommodations (GAA) at their expense, be subject to the full 14-day quarantine period as currently required, take a day-8 test, and may be subject to enforcement under the *Quarantine Act*.

For further information, please visit the [travel.gc.ca/travel-COVID](https://travel.gc.ca/travel-COVID) web page.

**Q. Is there a sense of the timelines for when additional vaccines might be approved, given that the vaccines currently used in top source countries such as India and China are not one of the four already approved?**

**A.** A list of vaccines and regimens that meet the criteria for fully vaccinated is published on the Government of Canada website [here](#).

The Government of Canada will continue to consider additional adjustments to the list of eligible vaccines. Before heading to the border, travelers should consult the latest travel information at [travel.gc.ca/travel-COVID](https://travel.gc.ca/travel-COVID) so they are prepared to meet the requirements that apply to their individual vaccination status.

**Q. What are the responsibilities of students upon arrival into Canada with respect to quarantine and isolation?**

**A.** All international students are responsible for ensuring that they have adequate financial resources to support their quarantine and isolation plans. This is required even when seeking the fully vaccinated exemption, as final determination is made by a government representative at the border based on the information presented by international students at the time of entry into Canada. International students must be prepared to quarantine for 14 days in the event that they are symptomatic and/or do not meet the requirements for the fully vaccinated exemptions.

Upon arrival, international students **must** be able to demonstrate that they have a plan in place and the means to support their initial 14-day mandatory quarantine and isolation period in Canada. Failure to do so may result in fines of up to \$5,000Cdn under the *Contraventions Act*.

International students must ensure that they have prepared themselves according to accurate information attained from reliable sources regarding their responsibilities set out in the Emergency Order under the *Quarantine Act* such as Government of Canada social media, or social media communications provided by their designated learning institution.

**Q. What are the responsibilities of designated learning institutions (DLIs) with respect to quarantine and isolation?**

**A.** An institution that is included on IRCC's list of PT approved DLIs open to international students has made a commitment to ensure students can meet all their obligations under the *Quarantine Act*, including the obligation to isolate when symptomatic or if they have a positive test result on Day 1 or 8.

To be able to reopen to international students who aren't currently in Canada, DLIs must have a COVID-19 readiness plan approved by their province or territory that

- protects the health and safety of all students and the surrounding community
- describes how they will manage the mandatory 14-day quarantine period for international students, including arrangements for transportation to the students' quarantine location
- provides information and support to international students about
  - how they can get the items they need for their quarantine, like food and medications
  - health insurance
  - remaining healthy while in Canada

**Q. How will DLIs be informed as to whether an international student is exempt from federal quarantine?**

The DLI can communicate directly with the traveller as required. Travellers who meet the requirements to be exempt from the mandatory 14 day quarantine period will receive a turquoise handout when they arrive in Canada. The handout is not personalized. It is the traveller's responsibility to meet the requirements of the federal public health and quarantine requirements.

The traveller is required to provide, on request, the evidence of COVID-19 vaccination and the original version of that evidence to any official of the Government of Canada, including a public health official, or of the government of a province or to the local public health authority of the place where the person is located. This is the mechanism through which local public health authorities can verify the vaccination status of international students.

**Q. What are the federal government's expectations for DLIs' oversight of fully vaccinated international students? If they are not required to quarantine, does this mean that their DLIs will not be required to monitor and provide supports to these students before and after they travel to Canada? Are institutions expected to play a role around vaccination verification for international students? Will they need to keep records of students' vaccination certificates on file?**

Travellers are required to retain evidence of their COVID-19 vaccination, including the certified translation, for at least 14 days after their entry to Canada and provide them, on request, to any official of the Government of Canada including a public health official or of the government of a province/territory or local public health authority of the place where the traveler is located.

**Q. If students refuse to comply with quarantine measures, which enforcement authorities should be notified?**

If a student is believed to be non-compliant with quarantine requirements or any other requirement of the Emergency Orders, the appropriate enforcement authority to contact would be your local police. This ensures that measures can be taken to mitigate potential health risk as quickly as possible.

You may also wish to advise [phac.isolation-isolement.aspc@canada.ca](mailto:phac.isolation-isolement.aspc@canada.ca) as well with information regarding the traveller's name and date of birth, for appropriate follow up.

Students found in non-compliance with the emergency orders may be subject to a fine of \$5,000 under the *Contraventions Act*.

**Q. What if a student tests positive while in quarantine?**

**A.** Students who test positive while in quarantine must remain in isolation for 14 days [from the date the sample was taken and which has been validated by the test provider](#) at their DLI's prescribed Suitable Place of Isolation. To prepare for these circumstances, students are required to demonstrate before departing for Canada that they have the financial means to support an extended stay in a quarantine facility in case isolation is required. DLIs with pre-approved quarantine facilities are responsible for ensuring that students have transportation from the Government Authorized Accommodation, and are able to remain at the facility until the end of their isolation period.

**Q. What is a designated quarantine facility (DQF) and what is its purpose?**

**A.** A designated quarantine facility is a facility that has been designated under the *Quarantine Act* as a place used for the detention of a traveller. A traveller cannot enter or leave a quarantine facility

without the authorization of a quarantine officer. Under the Emergency Orders, the designated quarantine facility is used as a **last resort** for the detention of travellers who have no other ability to meet quarantine and isolation requirements.

International students must make quarantine and isolation plans with their DLIs in advance of their arrival at the border and are expected to have the financial means to support themselves for the full quarantine period, including the 3-night stay at a Government Authorized Accommodations, and any extended period of isolation should they test positive.

**Q. If students test positive on arrival in Canada, will they stay at a designated quarantine facility?**

**A.** Accommodation at a designated quarantine facility is only for exceptional circumstances for those with **no other options**. International students are responsible for ensuring that they have adequate financial resources to support their quarantine and isolation plans. International students must not expect to receive free lodging and medical care. No medical care is available at designated quarantine facilities.

- Students should be aware of and disregard **all** messaging on social media platforms to the effect that they should cancel their quarantine bookings because it is possible to quarantine for free at designated quarantine facilities. This information is **false and misleading**.

**Q. Are there any special instructions for students travelling from India?**

The Government of Canada has suspended flights from India until July 21, 2021.

During that period, passengers who travel to Canada from India via an indirect route will need to obtain a pre-departure negative [COVID-19 molecular test](#) result from a third country before continuing their journey to Canada.

Travellers who have previously tested positive for COVID-19 must provide proof of a positive COVID-19 molecular test conducted between 14 and 90 days prior to departure, instead of a negative COVID-19 molecular test. This proof must be obtained in a third country before the continuation of the journey to Canada. You might need to seek entry and stay in a third country for at least 14 days.

Keep in mind:

- certain countries do not allow entry or transit from passengers arriving from India or from passengers who have previously tested positive to COVID-19
- COVID-19 testing for passengers in transit might not be available in all international airports or third countries
- if you test positive during transit, you may be quarantined or sent back to your point of departure

Carefully consider your itinerary, transit options and entry requirements for third countries.

## Supporting Documents & Links

### Government Websites

- Province of Manitoba COVID-19 Page - <https://www.gov.mb.ca/covid19/index.html>
- Government of Canada COVID-19 Page - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

### Mental Health Support Websites

- Anxiety Disorders Association of Manitoba - <http://www.adam.mb.ca/>
- Canadian Mental Health Association COVID-19 Managing Stress and Anxiety - <https://mbwpg.cmha.ca/covid-19-managing-stress-and-anxiety/>
- Canadian Mental Health Association COVID-19 Mental Health Resources Guide for Winnipeg - <https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>
- Centre for Addition and Mental Health: Stress, Anxiety, and Mental Health During Social Distance - <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Province of Manitoba Mental Health Virtual Therapy Program - <https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

### Emergency Contact Details

- In the event of an emergency, including medical emergency, call 911.
- Westman Crisis Service, 1-888-379-7699

### Student Services and Financial Support

- For Scholarship and Bursary information – please email Carolyn at [vodonc@brandonu.ca](mailto:vodonc@brandonu.ca)
- For information about the University's emergency loan information – please visit <https://www.brandonu.ca/student-services/student-emergency-funding-loans/>
- For information about Student Services – please visit <https://www.brandonu.ca/student-services/>
- Brandon Regional Health Centre - <https://www.pmh-mb.ca/index.php/8-our-locations/20-brhc>

# Declaration

***We, the undersigned, have read, understand, and agree to abide by all clauses as stated in the 'Manitoba Travel and Arrival Protocol for International Students – Winter 2022'.***

\_\_\_\_\_  
Signature of Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Student Applicant

\_\_\_\_\_  
Date

