

***COVID-19: Manitoba Travel and Arrival
Protocol for International/Out of
Province Students
Winter 2021***



**BRANDON
UNIVERSITY**

Welcome Message

Manitoba universities are ready to welcome international students for the 2020-2021 school year. 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 and once you arrive in Manitoba to meet these requirements.

Please note that it is the law to quarantine for 14 days after your arrival in Manitoba and not following quarantine instructions may result in financial and/or criminal penalties. We want to help you and ensure our community's safety. Please make sure you read through this package carefully so that you have a smooth journey to Canada and can start your studies successfully.

Welcome to Brandon University!

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Travel Safe

Before You Travel

1. Confirm the location of your 14-day quarantine accommodations

Once you've booked your long-term housing arrangements (e.g.: residence, private housing), contact them to confirm whether you are able to quarantine there for 14 days upon arrival to Canada. Some accommodation providers may allow you to safely quarantine in this space, while others may require you to complete your 14-day quarantine prior to moving into your accommodations.

- In the event you are eligible to move-in upon arrival to Canada, provide your accommodations provider confirmation on your arrival date/time.
- In the event you are required to quarantine before moving into your permanent accommodations, provide your accommodations provider confirmation on your arrival date/time, along with your plan for 14-day quarantine.
 - Possible short-term accommodation providers include:
Brandon University Residence: Email: macraek@brandonu.ca

2. Determine what services are available by your 14-day quarantine accommodation provider

Confirm if they:

- Provide airport transportation upon arrival
- Provide meal delivery services and, if so, how often and at what cost
- Provide bedsheets, towels, and other supplies

3. Transportations

For those of you planning to return to Canada and Brandon for the upcoming Winter semester please be advised that transportation from Winnipeg to Brandon from a third party provider will NOT be possible until international students having travelled to Winnipeg from another country have self quarantined for 14 days in Winnipeg. Students will be expected to produce their arrival date prior to departing from Winnipeg to prove they have self-quarantined for the required time.

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 will 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.

The *Brandon Air Shuttle* provides transportation from the Winnipeg International Airport to addresses in Brandon. If you have travelled to Winnipeg from an International destination, you will be required to provide proof of 14 day quarantine prior to the drive to Brandon. The number for the *Brandon Air Shuttle* is 204-729-3333.

4. Understand your responsibilities as a traveler entering Canada, including requirements for 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>)

Province of Manitoba Requirements

(<https://gov.mb.ca/covid19/updates/index.html#news>)

- This website lists important information about requirements for mandatory quarantine upon arrival including:
 - You must quarantine in a place where you will have no contact with vulnerable people, such as:
 - people 65 years or older, or
 - people with underlying medical conditions
 - You will need to confirm you have a suitable place to quarantine where you will have access to basic necessities, such as food and medication.
 - You must wear a non-medical mask or face covering while traveling to the place you will quarantine.
 - Further, you must:
 - go directly to your place of quarantine, without stopping anywhere, and stay there for 14 days
 - do not go to school, work or other public areas and community settings
 - monitor your health for symptoms of COVID-19

- arrange to have someone pick up essentials like groceries or medication for you
- do not have visitors
- stay in a private place like your yard or balcony if you go outside for fresh air
- keep a distance of at least 2 arms lengths (approximately 2 metres) from others

5. Pack appropriately for your 14-day quarantine

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

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 medication
- 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 while self- quarantining
- Activities for quarantine, such as books and games
- Bedsheets and towels (depending if your housing arrangements require you to bring your own)
- A credit card is recommended to ensure you can purchase delivery services when needed

6. Plan your arrival in Canada

- **As of November 21, 2020**, travellers coming to Canada by air will be required to use the ArriveCAN before they board their flight. They will need to provide travel and contact information, a quarantine plan, and a COVID-19 symptom self-assessment. Travellers will need to be ready to show their ArriveCAN receipt when seeking entry into Canada; a border services officer will verify that they have submitted their information digitally. Before this time air travellers can expect to be reminded by their air carrier of the need to submit COVID-related information digitally through ArriveCAN prior to boarding their flight to Canada.
- **As of November 21, 2020**, travellers will be required to confirm within 48 hours that they have arrived at their place of quarantine and those in quarantine must complete a **daily** COVID-19 symptom self-assessment during their quarantine

period. They will be able to submit information through the ArriveCAN app or by calling a toll-free number (1-833-641-0343)

- Read about entry to Canada [here](#) and watch these two videos: [entry to Canada](#) and [quarantine requirements](#).
- Download the ArriveCAN app to your mobile phone and enter your personal information up to 48 hours before arriving in Canada. This will speed up your arrival through Immigration Canada at the port of entry, meaning you will spend less time with border and health officers.
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/digital-tools.html>

During Travel

1. Carry these important documents with you

- Passport
- Study Permit or Study Permit Approval Letter
- Letter of Acceptance and Custodianship document
- Copy of this document, signed by you and your parent(s) / guardian(s)
- Your quarantine plan (i.e. Guidebook Activity: Before You Travel)
- Proof of health insurance/insurance information

2. Comply with the following 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 [here](#) and watch these two videos: [entry to Canada](#) and [quarantine requirements](#).
- 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 or phone to tell them you have arrived. Be sure to give the office your most up to date contact information (email address, postal address, 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](#).

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 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).

Avoid malls, crowded spaces, and sports where physical distancing is difficult.

If you feel sick at any time, stay at home and be sure to tell your Program, immediately 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.

Quarantine Safe

Prior to arrival, you confirmed your accommodations, including your location for 14 days of quarantine. Please also refer to the *Shared Health Manitoba COVID-19 public health fact sheet* and *quarantine fact sheets* (available in multiple languages) located at <https://sharedhealthmb.ca/covid19/providers/other-resources/> to assist you in being prepared and knowledgeable in requirements for quarantine and to link you to essential services.

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

- Self- 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 being transported to your place of quarantine;
- Traveling directly from your point of arrival in Manitoba to your place of quarantine; and
- Monitoring your health for symptoms of COVID-19 throughout the 14 days of quarantine.
- All international students who are self- quarantining will receive a daily check in phone call from a staff member from either Residence or the Office of International Activities.

Students who are required to quarantine due to travel within Canada will have access to all resources and will be expected to follow all requirements and procedures, as set out for international students

Students will be required to self-monitor for symptoms of COVID-19 using the Manitoba Self Screening Tool. If a student experiences any symptoms of Covid-19 during the quarantine period, he/she must 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, is a bilingual phone-based nursing triage service. They can give you advice on what health-care path should be followed in your specific situation, whether you should stay home, visit the emergency room, or follow another medical plan. They can be contacted at 204-788-8200 or toll-free at 1-888-315-9257.
- A student that is quarantining alone and who tests positive for COVID-19 during the 14-day quarantine period will need to self-quarantine, unless they require medical attention and/or hospitalization. Please refer to <https://mishp.ca/coverage> for eligible expenses. Any student or co-arriving immediate family member that tests positive can expect to be contacted by Manitoba public health officials and will be required to follow all further measures as set out by the public health official, which may include self-quarantining beyond the 14-day quarantine period.
- If a student tests positive for COVID-19 while quarantining with an immediate family member(s), the student will be separated from the family member(s) and will need to self-quarantine, likely beyond the student's 14-day quarantine period. The family member(s) will need to move to another guestroom and will be monitored for symptoms of COVID-19 during wellness check-ins by the Coordinator of the Office of International Activities. Family member(s) who had been quarantining with a student that tests positive for COVID-19 should expect to be contacted by Manitoba public health officials and will be considered a close contact to this case, and may need to continue to quarantine beyond the 14-day quarantine period.
- If a co-arriving immediate family member tests positive for COVID-19 while quarantining with a student, the family member (s) will be separated from the student and need to self-quarantine, likely beyond the family member(s) 14-day quarantine period. The student will need to move into another guestroom, and will be monitored for symptoms of COVID-19 during wellness check-ins by a staff person from the Office of International Activities. The student should expect to be contacted by Manitoba public health officials and will be considered a close

contact to the case, and may need to continue to quarantine beyond the 14-day quarantine period.

- The unexpected guestroom and meal costs due to the student or family member(s) testing positive for COVID-19 will be the students' responsibility.

Quarantine can be difficult for some students, especially those who are energized by interactions with others. It is important that you take care of yourself during this time of quarantine and to keep connected with your friends and family using other methods, such as FaceTime and Zoom. Here are a few useful tips to get you through the two week period:

- **Develop a support network.** Form an online chat group with close friends; stay in contact with your family and reach out to your school advisors and instructors by email. The more people you know at your educational institution, the more connected you'll feel!
- **Be active.** Exercise is important for your mental outlook and helps ward off 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!
- **Eat well.** Choose a wide variety of healthy, nutritious foods. Eat regularly to keep up your energy and portions 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 it might be useful to 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 and try not to watch the same stressful stories over and over in the same day. Try not end your day by watching the news before bed.

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
- 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>

Student Signature

Date

Parent(s) / Guardian(s) Signature

Date

