

Why Quarantine?

The plan is based on the [Government of Canada's Flying to Canada Requirements Checklist](#) and [Driving to Canada Requirements](#)

The Government of Canada has implemented an Emergency Order under the Quarantine Act that requires persons entering Canada—whether by air or land—to quarantine (self-isolate) themselves for 14 days, even if they are showing no symptoms of illness, in order to limit the introduction and spread of COVID-19.

For travellers arriving to Canada by land, as of February 15, 2021, all travellers, with some exceptions, will be required to provide proof of a negative COVID-19 molecular test result taken in the United States within 72 hours of pre-arrival, or a positive test taken 14 to 90 days prior to arrival. In addition, as of February 22, 2021, travellers entering Canada at the land border will be required to take a COVID-19 molecular test on arrival as well as toward the end of their 14-day quarantine.

All travellers arriving to Canada by air, as of February 22, 2021, with some exceptions, will be required to take a COVID-19 molecular test when they arrive in Canada before exiting the airport, and another toward the end of their 14-day quarantine period. With limited exceptions, air travellers, will also be required to reserve, prior to departure to Canada, a 3-night stay in a government-authorized hotel. Travellers will be able to book their government-authorized stay starting February 18, 2021. These new measures are in addition to existing mandatory pre-boarding and health requirements for air travellers.

Under new requirements for air travel that take effect February 22, 2021, when a student arrives in Canada, they must take a COVID-19 test before leaving the airport and spend 3 days in quarantine at a federal government-authorized hotel. With a clear negative test result, the student can proceed to the quarantine site identified in their quarantine plan. Ten-days into their quarantine, the student will use a take-home test provided at their arrival in Canada. A further clear negative result is required before leaving quarantine at 14 days.

Finally, as of February 22, 2021, all travellers, whether arriving by land or air will be required to submit their travel and contact information, including a suitable quarantine plan, electronically via ArriveCAN before crossing the border or boarding a flight. As well, completing the requirements listed on the following pages.

Before you travel, you must complete the following:

- You must complete a quarantine plan
- You must take a Covid-19 test no more than 72 hours before your scheduled flight
- Keep proof of your test result
- Book your mandatory 3 day government authorized hotel stay upon arrival
- Register in advance for your arrival Covid-19 test

Before confirming plans to travel to Canada, NWCAV students must share their travel and quarantine plans with NWCAV. You will also be required to complete:

- Download ArriveCAN for your mobile device through the [Apple App Store](#) or [Google Play Store](#) prior to travel
- Complete the instructions required by the ArriveCAN app.

Boarding your flight, you must:

- Have your ArriveCAN receipt and pre-entry negative Covid-19 test results ready to provide to the airline

Travellers entering Canada must:

- Identify whether they have a cough, fever or difficulty breathing
- Show proof of a negative COVID-19 molecular test result taken within 72 hours of your scheduled departure time
- Acknowledge that they will:
 - quarantine for 14 days if you don't have symptoms **or**
 - isolate for 14 days if you have symptoms
- Prove that they have a suitable place to isolate or quarantine, where:
 - They'll have access to basic necessities, including water, food, medication and heat during the winter months
 - They won't have contact with people who:
 - are 65 years or older
 - have underlying medical conditions
 - have compromised immune systems
 - They won't be in a group or community living arrangement such as:
 - industrial camps
 - student residences
 - construction trailers
 - residential or long-term care facilities
 - sharing a small apartment
 - living in the same household with large families or many people
 - having roommates who haven't travelled with you that you can't avoid
- Have their ArriveCAN receipt
- Have their pre-entry negative Covid-19 test results
- Have their quarantine plan
- Have their hotel confirmation
- Take a Covid-19 test upon arrival
- Go directly to your pre booked hotel for up to 3 nights to await for your test results
- Provide traveller contact information through:
 - the ArriveCAN mobile app **or**
 - the ArriveCAN website **or**
 - a paper form
- Undergo screening by a border official
- Answer any relevant questions:
 - when you arrive in Canada
 - during your 14-day period while in quarantine or isolation
- Pay for and stay at the government authorized hotel while waiting test results (Travellers are responsible for all associated costs)
- Travellers must, at the hotel, register for their day 10 test

Government of Canada representatives at Canadian ports of entry will:

- administer the emergency orders on behalf of the Public Health Agency of Canada
- assess your potential risks to public health under the *Quarantine Act*
- determine if you:
 - have suitable plans for quarantine or isolation
 - need to be transferred to a designated quarantine facility, if no other suitable options are available
 - have no symptoms of COVID-19 and can continue domestic travel to your place of quarantine
 - have a non-discretionary reason for travelling to Canada
 - A valid study permit, or
 - A port of entry letter of introduction that shows you were approved for a study permit, if you're coming from the United States, or
 - A port of entry letter of introduction that shows you were approved for a study permit, if you're coming from any other country

The information border officials collect helps the Public Health Agency of Canada with its compliance and enforcement efforts. Providing false or misleading information is an offence under the *Quarantine Act* and can result in fines and potentially prison time.

- Source: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#f>

Completing your hotel stop over:

- Complete your up to 3 night hotel stay as you await your initial Covid-19 test result
- Register for your day 10 test once you arrive

Completing your full quarantine:

- On day 10 of your quarantine, you will take another test following the instructions provided to you
- You must stay in your place of quarantine while you await the result of your day 10 test

Quarantine Requirements

During the 14-day quarantine period, you must:

- Go directly to your place of quarantine from the airport. Do not make any stops along the way.
- Stay at your place of quarantine at all times. You are only permitted to leave your place of quarantine if you need to seek medical attention
- Monitor yourself for any symptoms of COVID-19, including fever, cough, and difficulty breathing
- Avoid contact with others, even if you do not have any symptoms
- Practice physical distancing at all times
- Comply with all the orders of the BC Provincial Health Officer If you develop symptoms of illness while in quarantine, you must:
 - Isolate yourself from others as soon as you notice your first symptom
 - Call 811 or consult with HealthLink BC to discuss your symptoms and travel history, and follow their instructions carefully
 - Contact Northwest by emailing lena@nwca.com

Note: If you are living with a person who is isolated because they have or are suspected to have COVID-19, your self-isolation period may be extended beyond 14 days. As well, the 14-day quarantine period starts again if, during your quarantine period, you develop any signs and symptoms of COVID-19, including those noted above. Seek direction from [HealthLink BC](#).

Quarantine Checklist

Travel Requirements Checklist
<input type="checkbox"/> I am eligible to travel to Canada based on the current travel restrictions
<input type="checkbox"/> I have read the latest guidelines on mandatory quarantine
<input type="checkbox"/> I have secured accommodations for the 14-day quarantine period
<input type="checkbox"/> I have secured suitable transportation from the airport to my accommodations <i>Some accommodations will have shuttle services available to pick you up at no cost. Please check with your accommodations provider if transportation is available. If transportation is not included, please refer to the resources section for other transportation options.</i>
<input type="checkbox"/> I have a credit card that will work in Canada <i>You will need a credit card that works in Canada to order food, groceries, and medication online.</i>
<input type="checkbox"/> I have secured medical insurance coverage for the duration of my stay in Canada prior to the start of classes

Checking in with Northwest Culinary Academy upon your arrival to Canada:

- Consider your transportation options. You must arrange private transportation (no public transit) from your point of arrival to your place of quarantine. If you are coming to Canada by flight to YVR airport, please consider one of the following options:
 - Pick-up by family or friend in a private vehicle
 - Taxis - taxi stands are located on Level 2 of the Domestic and International Arrivals Area at YVR.
 - Ride App Services, such as Uber or Lyft
 - If staying at a hotel, the hotel will make arrangements to pick you up and take you directly to the hotel
 - Should you need help calling a cab, please let Lena Hackenbruch know and she will call for you
- During your quarantine, we will check in with you daily via either Zoom, FaceTime or Skype. These calls can happen anytime during the day and calls will come in at a different time each day. These daily check-ins help us to confirm that you are remaining in your place of quarantine and to inform us of any symptoms you may be facing. Quarantine for a minimum of 14 days. The 14-day quarantine period begins on the day you enter Canada. During the 14-day quarantine period, you must:
 - Go directly to your place of quarantine from the airport. Do not make any stops along the way.
 - Stay at your place of quarantine at all times. You are only permitted to leave your place of quarantine if you need to seek medical attention
 - Monitor yourself for any symptoms of COVID-19, including fever, cough, and difficulty breathing
 - Avoid contact with others, even if you do not have any symptoms
 - Practice physical distancing at all times
 - Comply with all the orders of the BC Provincial Health Officer What to Do if You Develop Symptoms of Illness While in Quarantine If you develop symptoms of illness while in quarantine, you must:
 - Isolate yourself from others as soon as you notice your first symptom
 - Call 811 or consult with HealthLink BC to discuss your symptoms and travel history, and follow their instructions carefully
 - Contact Northwest by emailing lena@nwca.com

Packing List

It's important to prepare your essentials for quarantine as much as possible prior to travelling to Canada—remember, you have to go straight to your place of quarantine upon arrival in Canada, and you cannot leave it except for urgent medical attention. Here's a 14-day quarantine packing list to help you get started. Add on or customize as needed.

Documents*

<input type="checkbox"/> Airline ticket
<input type="checkbox"/> Passport
<input type="checkbox"/> Temporary Resident Visa (TRV) if applicable
<input type="checkbox"/> Valid study permit or port of entry letter that you were approved for a study permit
<input type="checkbox"/> Proof of finances
<input type="checkbox"/> Letter of Acceptance/Confirmation of Enrollment from NWCAV
<input type="checkbox"/> Contact information for your host institution (NWCAV)
<input type="checkbox"/> Printed copy of your quarantine plan

**Make sure you have these documents available when you arrive in your carry-on luggage. You will be required to present these to a Canada Border Services Agent when going through Canadian customs and immigration*

Essentials

<input type="checkbox"/> Toiletries (toothbrush, toothpaste, face wash, deodorant, floss, as needed)
<input type="checkbox"/> Menstrual products (pads/tampons as needed)
<input type="checkbox"/> Hand sanitizer (pack at least 1 travel-size bottle in your carry-on luggage)
<input type="checkbox"/> Shampoo, conditioner, and soap (pack in checked luggage if over 100ml)
<input type="checkbox"/> Shaving products (pack in checked luggage if sharp/bladed)
<input type="checkbox"/> Laptop/tablet + charger
<input type="checkbox"/> Cellphone + charger
<input type="checkbox"/> Adaptor for Canadian electrical outlets (120V)
<input type="checkbox"/> Credit card that works in Canada (cash is not accepted for online orders of take-out food or grocery delivery)
<input type="checkbox"/> Thermometer
<input type="checkbox"/> 1 box of disposable gloves, with several pairs packed in your carry-on luggage (nitrile is preferred)
<input type="checkbox"/> 60 disposable facemasks or 30 disposable face masks + 1 reusable cloth face mask (pack at least 2 masks in your carry-on luggage)
<input type="checkbox"/> Minimum 1 month's worth of any prescribed medications or vitamins you need to take
<input type="checkbox"/> Disinfectant wipes (pack several in your carry-on luggage)

Clothing

<input type="checkbox"/> 2 weeks' worth of tops (include long and short sleeve options)
<input type="checkbox"/> 2 weeks' worth of bottoms (include pants, shorts, and/or skirt options)
<input type="checkbox"/> 2 weeks' worth of undergarments and socks
<input type="checkbox"/> Sweaters or hoodies
<input type="checkbox"/> Jacket
<input type="checkbox"/> Exercise clothes
<input type="checkbox"/> Pyjamas
<input type="checkbox"/> Shoes (include formal, athletic, and casual options)
<input type="checkbox"/> Belts/accessories as needed

Meal Plans and Grocery Delivery Options

Even if your place of quarantine doesn't offer meal plans, you cannot leave your place of quarantine to buy groceries or go eat at a restaurant. Luckily, there are many meal and grocery options in Greater Vancouver that now offer contactless delivery. We recommend that you browse the following list to explore your options. You will need a credit card that works in Canada to use these services as they will not accept cash.

Please note: this information is being provided as a courtesy to students

Service Provider	Type	Website	Notes
Uber Eats	Takeout Food Delivery	https://www.ubereats.com/ca	
Skip the Dishes	Takeout Food Delivery	https://www.skipthedishes.com/	
Door Dash	Takeout Food Delivery	https://www.doordash.com/en-US	
Fantuan	Takeout Food Delivery	https://www.fantuan.ca/delivery/en/	Website/app also available in Chinese
Instacart	Grocery Delivery	https://www.instacart.ca/	
Save-On-Foods	Grocery Delivery	https://www.saveonfoods.com/shop-online-how-it-works/	Minimum order of \$40 for delivery
T&T Supermarket	Grocery Delivery	https://www.tntsupermarket.com/	Website/service also available in Chinese
Spud	Grocery Delivery	https://www.spud.ca/	Each delivery area has free delivery once a week. Delivery is also free for most orders over \$35
Stong's Market	Grocery Delivery	https://stongs.com/	Delivery available to Bowen Island, Vancouver, and North and West Vancouver only
Yogi's Kitchen	Meal Delivery	https://www.yogiskitchen.ca/	Ready-to-eat Indian-style meals
Fresh Prep	Meal Kit Delivery	https://www.freshprep.ca/	Ready-to-cook meal kits with pre-measured ingredients. You will need access to a kitchen to prepare these meals.
Chef's Plate	Meal Kit Delivery	https://www.chefsplate.com/	Ready-to-cook meal kits with pre-measured ingredients. You will need

			access to a kitchen to prepare these meals.
Hello Fresh	Meal Kit Delivery	https://www.hellofresh.ca/	Ready-to-cook meal kits with pre-measured ingredients. You will need access to a kitchen to prepare these meals.
Good Food	Meal Kit Delivery	https://www.makegoodfood.ca/en/home	Ready-to-cook meal kits with pre-measured ingredients. You will need access to a kitchen to prepare these meals.

Important Contacts

Emergencies	Call 9-1-1 if you require emergency assistance from ambulance, fire, or police.
COVID-19 Support (non-medical)	Get information and non-medical COVID-19 support from the BC CDC. Phone: Call the BC CDC at 1-888-268-4219 (7:30AM - 8PM daily) Website: http://www.bccdc.ca/health-info/diseases-conditions/covid-19 Self-Assessment Tool and BC COVID-19 App: https://bc.thrive.health/
Medical Information and Advice	Call 8-1-1 to reach HealthLink BC. For deaf or hearing impaired (TTY), call 7-1-1. HealthLink BC provides free, confidential health information and advice 24 hours a day, 7 days a week. Website: https://www.healthlinkbc.ca/
Poison Control	Call Poison Control immediately at 1-800-567-8911 toll-free in B.C. or 604-682-5050 in Greater Vancouver if you are concerned about a possible poisoning or exposure to a toxic substance. Website: http://www.dpic.org/
Alcohol & Drug Information	Call 1-800-663-1441 toll-free in BC or 604-660-9382 in Greater Vancouver for free, confidential information and referral services for substance use issues (alcohol or other drugs). Multilingual services are available 24 hours a day, 7 days a week. Website: https://www.healthlinkbc.ca/mental-health-substance-use/resources/adirs
Suicide Prevention	The Crisis Intervention and Suicide Prevention Centre of BC provides confidential, non-judgemental, free emotional support 24 hours a day, 7 days a week, for people experiencing feelings of distress or despair, including thoughts of suicide. Call 1-800-734-2433 if you considering suicide or are concerned about someone who is. Call 310-6789 for mental health support, emotional support, and mental health information and resources Website: https://crisiscentre.bc.ca/

Mental Health Support

Travelling to a different country and staying quarantined for 14 days can be challenging, so don't hesitate to reach out and take care of your mental health. There are many resources available to you as a NWCAV student.

Crisis Centre of BC

The Crisis Intervention and Suicide Prevention Centre of BC provides confidential, non-judgemental, free emotional support 24 hours a day, 7 days a week, for people experiencing feelings of distress or despair, including thoughts of suicide.

Phone: 604-872-3311 or 1-800-784-2433

Website: <https://crisiscentre.bc.ca>

Here2Talk

Free, confidential 24/7 counselling and community referral services for BC's post-secondary students.

Phone: 604-642-5212 or 1-877-857-3397

Website: <https://here2talk.ca/>