

Traveling to Canada and Quarantine Planning

Table of Contents

| | |
|---|---|
| Information you need about Travelling to Canada | 2 |
| Restrictions and Quarantine Plan..... | 2 |
| Government of Canada – Laws and Regulations..... | 2 |
| Nova Scotia Government – Laws and Regulations..... | 2 |
| Timing of Travel to Canada | 2 |
| Students moving into MSVU Residence | 3 |
| Student planning to live off-campus | 3 |
| Safe Travel, Arrival and Quarantine Tips..... | 3 |
| Prepare for 14 days of quarantine..... | 3 |
| Pack your carry-on | 3 |
| In transit..... | 4 |
| Arrival in Canada..... | 4 |
| During quarantine..... | 4 |
| After quarantine..... | 4 |
| Communication and Mandatory Reporting | 5 |
| Preparation Checklist..... | 6 |
| Food | 7 |
| Resources and Contacts..... | 7 |
| Links to reliable Sources..... | 8 |

Information you need about travelling to Canada

The information in this document is considered to be true and accurate at the date of publication.
(11/12/2020)

Restrictions and Quarantine Plan

This guide is for all current and incoming MSVU international students who are outside Canada and planning to travel to Canada for MSVU's fall term.

Due to the COVID-19 pandemic, restrictions that limit travel to Canada are in place. Additionally, all travelers are required to quarantine for 14 days upon arrival in Canada and must present a quarantine plan to Canada Border Services Agency. Failure to provide this quarantine plan at the border may result in being denied entry into the country. And in certain situations, government authorities may also fine travelers for non-compliance.

All MSVU international students planning to travel to Canada must clearly understand Government of Canada and Government of Nova Scotia laws and regulations, which are subject to change, before making travel plans. Please consult government websites for the most up-to-date information.

Government of Canada—Laws and Regulations

- Before you make any travel plans, it is extremely important for you to know if you are permitted to travel to Canada. For detailed information on who can enter the country, visit [Coronavirus disease \(COVID-19\): Visitors, foreign workers and students](#)
- On March 25, 2020, the Government of Canada implemented a quarantine requirement for returning international travelers under the *Quarantine Act*. For details, visit [Coronavirus disease \(COVID-19\): Travel restrictions, exemptions and advice](#)
- The Government of Canada has restrictions on international travel. For details, visit [Non-optional and non-discretionary travel: COVID-19 program delivery](#).

Nova Scotia Government—Laws and Regulations

- The Province of Nova Scotia, under the authority of the *Health Protection Act*, requires visitors entering Nova Scotia from outside Atlantic Canada to [quarantine for 14 days](#) – even if they do not have COVID-19 symptoms.
- Every adult (18 or older) from outside Atlantic Canada must also complete a [Nova Scotia Safe Check-in Form](#) before entering the province.
- Public health inspectors are on-site, at the Halifax Stanfield International Airport.
- Once students submit the form, they will receive an email with next steps to take as required under the public health order.
Note: Emails may go to a junk mail folder.

Timing of Travel to Canada

If you are currently studying in fall 2020 semester, you may travel once your Study Permit is approved and MSVU is on the approved list of DLI's. If you are not starting your classes until January 2021, please schedule to arrive Canada no more than 1 month before the first day of class.

Students moving into MSVU Residence:

If you will be living in residence, you will be permitted to Quarantine on campus at no extra cost.

Residence opens on January 9, 2021. Please do not arrive before residence opens. If you arrive before January 9th, you will have to quarantine in a hotel at your own expense.

All details of your quarantine and residence move in will be arranged with the residence life team. Please be sure to watch for emails from Cheryl.delorey@msvu.ca and Lynn.Cashen@msvu.ca

*Please note that there is still space in residence. For details, please contact [Cheryl](mailto:Cheryl@msvu.ca) by email.

Students planning to live off-campus accommodations:

MSVU's winter term begins January 11, 2021. We recommend that international students who meet the criteria to travel to Canada should plan to arrive in Nova Scotia by January 4, 2021.

This gives you a few days to adjust and get settled into the time zone and your quarantine space for when classes start. It also means that you will be able to follow your courses while in quarantine.

Safe Travel, Arrival and Quarantine Tips

Prepare for 14 days of quarantine

- Make a plan for your physical and emotional wellness during quarantine, including any books, games, fitness equipment/apps, etc., you wish to have with you.

Pack your carry-on bag

Make sure you have the following in your carry-on bag:

- ✓ at least 10 disposable masks or 2 reusable masks;
- ✓ travel-sized hand sanitizer (100ml maximum);
- ✓ and a thermometer

Documents you need to enter Canada. You will be required to present these to the Canada Border Services Agency (CBSA) Officer when going through Canadian customs and immigration. Make sure to have the following in your carry-on bag:

- Passport
- Study permit or Letter of Introduction
- MSVU Official Letter of Acceptance and Enrolment Letter
- Print-out of your signed Quarantine Plan
- Booking confirmation for your travel from the airport to your quarantine location
- Booking confirmation for your planned quarantine location

In transit

While in transit to the airport, in airports and during flights:

- Wear a mask
- Wash/sanitize hands frequently
- Practice physical distancing (minimum 2 metres or 6 feet 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

Arrival in Canada

- Wear a fresh mask and gloves
- Proceed through immigration and baggage pick-up while maintaining physical distancing
- Present appropriate documentation to the Canada Border Services Agency
- Move as quickly as possible through the baggage area and do not enter any stores in the airport unless necessary (i.e. food, medication, and hygiene products)
- Meet your driver at the agreed pick-up location
- Obey the protocol put in place by the taxi company and sit as far away from the driver as possible
- Follow all instructions for COVID-19 safe check-in at your quarantine site

During quarantine

As per the [Government of Canada's Quarantine Act](#), you are required to quarantine for 14 days immediately upon arrival in Canada. You must stay alone in your own room, for 14 days and avoid contact with others.

This means:

- Do not leave your quarantine room unless there is a medical emergency
- Keep your room well-ventilated and clean – open your window to let the air circulate
- Practice good hygiene
- Wash your hands frequently with soap and water for at least 20 seconds
- Cover your mouth and nose with your elbow when coughing or sneezing – or use a tissue
- Dispose of used tissues right away, into a trash bin, and immediately wash your hands
- Avoid coughing into either your hands or into the air
- Flush the toilet with the lid down
- Package up your garbage – empty garbage frequently and wash your hands immediately
- If you are staying in a hotel, follow the COVID-19 laundry policy at your quarantine site
- Stay connected with friends and family via text, email, Facetime, etc.

After Quarantine

- Wash your hands often, avoid touching your face, and practice cough and sneeze etiquette

- Maintain physical distancing while in public
- Stay home and away from others if you feel unwell and call 811 to talk to a nurse if any symptoms develop
- Wear a non-medical mask when you are out in public. Masks are mandatory in most indoor public places and on transit in Nova Scotia
- Avoid large gatherings, crowded spaces and close contact settings

Communication and Mandatory Reporting

Government of NS Public Health:

Using the email address you provided in the NS travel form, you will receive an email with the link to the digital check-in. This is a daily task that you must complete during your 14-day quarantine period. If you do not see the email in your inbox, make sure to check the spam/junk folders.

Instructions on COVID-19 testing will be communicated to you during your quarantine period.

If students don't check in daily, the university or college will be notified, and they'll try to help them comply with the check in.

Note: Parents/guardians travelling with students must also quarantine while they are in Nova Scotia.

Stay informed and follow public health advice. Visit: novascotia.ca/coronavirus and follow @NSGov on social (Facebook, Instagram, Twitter)

MSVU:

The university's Registered Nurse, Ms. Maxine Brewer, will conduct a health check-in with you. She will contact you by email to set-up appointment so please be sure to watch for her email.

Within 48 hours of arrival, the International Education Centre will email you for a check-in appointment. The purpose of this is to ensure that you have all the necessities to complete your quarantine period, and that you are doing okay throughout.

Preparation Checklist

1. Make your Quarantine Plan.

Complete the form indicating for your quarantine location choice. The form will require you to:

- ✓ Book your quarantine location
- ✓ Book your transportation from the airport

Email your completed form and supporting documentation to international@msvu.ca for review. The form will be signed by the IEC when the details are approved. If the advisor has any concerns, they will contact you for clarifications as needed.

2. Complete the NOVA SCOTIA requirements:

To enter Nova Scotia, everyone must complete this form in advance so that provincial government officials can confirm that you are following the law. You must show proof on an electronic device at the border that you have completed and submitted the form.

- a. Fill out the [Nova Scotia Safe Check-in Form](#) before traveling to the province.

3. Complete the GOVERNMENT OF CANADA requirements:

- a. Download the [Arrive CAN](#) app in order to submit your quarantine plan to the Government of Canada within a 48 hours window before arriving in Canada.

NOTE: When you see the question: *“Is your travel exempt?”* you must answer NO.

Use this mobile app to speed up your arrival process in Canada and spend less time with border and public health officers. (If you have problems with the app, you can also use the web platform).

The app helps you to:

- provide mandatory information that is required for entry into Canada
- avoid lineups and reduce points of contact at the border
- provide updates on your quarantine compliance and the development of any symptoms during the 14 days after arriving in Canada

Food:

Your quarantine plan must articulate how you will get food.

Unless you will be provided with meals at your quarantine location, you may order food from restaurants, or have groceries delivered (this assumes you have a private kitchen). Three large grocery stores carry a wide variety of food and health care products. Credit cards are required to purchase food online.

- [Atlantic Superstore](#)
- [Sobeys](#)
- [Walmart](#)

There are many options in Halifax for take-out restaurant meals and delivery services.

- [Discover Halifax](#) lists Halifax restaurants that are currently open.
- [Tourism Nova Scotia](#) lists stores and companies that are currently open for business.
- Food delivery providers in Halifax:
 - [Skip the Dishes](#)
 - [Door Dash](#)

Resources and Contacts:

- MSVU International Advisor: Kay Balite (kay.balite@msvu.ca)
The International Education Centre will be working with Kay to ensure you are well supported during quarantine. She will meet with you by virtual appointment and may hold webinars on frequent questions or issues that are arising. In case of emergency, you may call her mobile: 902-471-8548
- MSVU Registered Nurse: Maxine Brewer (maxine.brewer@msvu.ca)
Maxine Brewer, our Registered Nurse, will check in with you to discuss how you are feeling, any symptoms, and any health concerns you may be having.

Links to Reliable Sources

It is extremely important to seek information from reliable sources. The following websites are reliable sources of information:

- [MSVU response to COVID-19](#)
- [MSVU International Student COVID-19: FAQ](#)
- [World Health Organization](#)
- [Government of Nova Scotia](#)
- [Nova Scotia Safe Check-in Form](#)
- [Nova Scotia Health Authority](#)
- [How to self-isolate for 14 days](#)
- [IRCC COVID-19 update](#)
- [Public Health Agency of Canada](#)
- [How COVID-19 is affecting immigration, refugees, citizenship and passport services](#)