



COVID-19 Self-Isolation Plan for International Students on Arrival *(Updated July 15, 2021)*

**Amidst Canada's recovery effort and vaccine rollouts, travel restrictions are constantly changing. For the most up-to-date information, please visit the [Travel Canada website](#).*

Exemption for Eligible Fully Vaccinated Travelers

Fully vaccinated travelers who arrived before 12:01 a.m. EDT on **July 5**, aren't eligible for these exemptions. If you returned to Canada before this time, you must complete your 14-day quarantine and a Day-8 test.

You may qualify for certain exemptions to quarantine and testing requirements if you:

- are [eligible to enter Canada](#)
- are asymptomatic
- meet the [Government of Canada requirements of fully vaccinated travelers](#)
- meet all other [entry requirements](#), including entering your information in ArriveCAN before arrival

Those who meet the requirements may be exempt from:

- quarantine
- hotel stopover (for air travelers)
- day-8 testing requirement

Travel restrictions on who can enter Canada remain in place.

Foreign nationals (including U.S. citizens) coming to Canada for non-essential reasons will be turned away at the border.

[Find out if you can enter Canada](#)

No Exceptions for Partially-Vaccinated Travellers

At this time, there are no exemptions from testing, hotel stopover or quarantine for travelers who haven't received the full series of a vaccine or a combination of vaccines accepted by the Government of Canada.

Travel Restrictions for International Students

To be able to enter Canada as a student, you must meet 2 requirements:

- You must have a valid study permit or a letter of introduction that shows you were approved for a study permit
- You must be attending a designated learning institution (DLI) with a COVID-19 readiness plan approved by its province or territory



You can only enter Canada if you have all of the required documents and your DLI is on the approved list. See the [list of DLIs with approved COVID-19 readiness plans](#).

As a student, you will not be allowed to enter Canada if:

- your study program has been cancelled or suspended
- you're entering Canada for any reason other than to study

Applying For a Study Permit

If you're applying for a study permit, you should [apply online](#).

Required Documents to Enter Canada

When you meet the Border Services Officer, you may have to show them:

- A valid passport or travel document
- The Letter of Introduction the Visa Office sent you when they approved your study permit. This letter has your permit reference number, which they will use to issue your study permit
- A copy of a valid Letter of Acceptance from your school
- Proof that you have enough money to support yourself during your stay in Canada
- Letters of reference or any other documents the Visa Office told you to bring
- Either a valid Electronic Travel Authorization (eTA) or visitor visa (Temporary Resident Visa). If you have a valid eTA, it will be linked to the passport you used to apply for your study permit

Checklist of Requirements

Fully Vaccinated Traveler Exemption Checklist

Before You Travel

Use the same email address for all of your entry requirements, where applicable (that is, when registering for COVID-19 testing upon arrival and creating your ArriveCAN account).

- ☐ [Find out if you can enter Canada](#)
- ☐ [Check if you qualify for the fully vaccinated traveller exemption](#)
- ☐ [Get your pre-entry COVID-19 test](#)
- ☐ [Register in advance for your arrival test](#)
- ☐ [Have a quarantine plan in case you don't receive the exemption](#)
- ☐ [Use ArriveCAN to submit your proof of vaccination](#)

Arriving in Canada

Have the following items with you for assessment by a government official at the border:



- ☐ ArriveCAN receipt
- ☐ proof of vaccination
- ☐ pre-entry test results
- ☐ other travel documents

After Arriving

- ☐ [Take a test on arrival or get a home test kit \(as instructed\)](#)

If you meet the requirements and are exempt from quarantine, you may travel on by air or land to your destination.

You must:

- follow local public health measures
- wear a mask while in public for 14 days
- maintain a list of all close contacts for your first 14 days in Canada
- keep copies of your proof of vaccination for 14 days

Flying Checklist (if you're not eligible for fully vaccinated traveler exemption)

Use the same email address for all of your entry requirements, where applicable (i.e., when registering for COVID-19 testing upon arrival and booking a government-approved hotel).

- ☐ [Find out if you can enter Canada](#)
- ☐ [Assess your quarantine plan before you travel](#)
- ☐ [Get your pre-entry COVID-19 test](#)
- ☐ [Reserve your 3 night hotel stopover](#)
- ☐ [Register in advance for your arrival test](#)
- ☐ [Use ArriveCAN to submit your travel and quarantine plans](#)

Boarding your flight

- ☐ Have your pre-entry test results ready to provide to the airline
- ☐ [Check the requirements for boarding a flight to Canada](#)

Arriving in Canada

- ☐ Have your ArriveCAN receipt, test results, hotel confirmation and quarantine plans ready for assessment by a Border Services Officer
- ☐ [Take a test on arrival](#)
- ☐ Go directly to your pre-booked hotel for up to 3 nights to await results from your arrival test

Completing Your Hotel Stopover



The timing of your departure from the hotel to the place you will complete the rest of your quarantine period depends on the results of your arrival test.

- ☐ [Who has to do a hotel stopover and list of hotels](#)
- ☐ [Await test results at the hotel](#)

Completing Your Full Quarantine

On day 8 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 results from this test.

- ☐ [How to travel to your place of quarantine](#)
- ☐ [How to quarantine after the hotel](#)
- ☐ [Use your Day-8 test and await results](#)

Airports Open To International Arrivals and Departures

International passenger flights arrive and depart at the following four Canadian airports:

- Calgary International Airport
- Montréal-Trudeau International Airport
- Toronto Pearson International Airport
- Vancouver International Airport

Private/Business and charter flights from all countries are required to land at the four airports. Flights from Saint-Pierre-et-Miquelon and cargo-only flights remain exempt.

Accommodations for International Students Living On Campus

Keyano College student housing is available to all full-time students on a first-come, first-served basis and for long-term stays only (at least a semester). Quarantine units are also available to students that apply to stay in student housing.

Keyano College accommodations are on-campus and conveniently located in downtown Fort McMurray. We have both single and family housing. You are responsible for applying directly to the Residence Office. Inquiries related to single housing should be directed to Kelly Tetreault at Kelly.Tetreault@keyano.ca and to Ruwani De Alwis for family housing at Ruwani.DeAlwis@keyano.ca.

International Students Living Off Campus

Short Term Accommodation While Self-Isolating for 14 Days

- Hotels, Motels and B&Bs: Fort McMurray hotels are open for guests and doing their best to keep guests and staff safe. Some services and facilities may be closed, for example, swimming pools and



restaurants. Please be sure to indicate to the hotel staff or host in advance that you are in need of a place to stay while self-isolating. Some places may not be able to host you while you are self-isolating.

- Vacation Rentals: For families, a vacation rental may be a good choice during your self-isolation period. You should inform potential hosts that you will be renting their property to self-isolate. Ask if there is a separate entrance to the accommodation, and if there are any vulnerable individuals (65+ or immuno-compromised) on the premises. You may be asked by the border officer that you have ensured that you will not be in contact with such individuals. Ask if the landlord can provide basic cleaning supplies so you can clean upon arrival. Vacation rentals can be found on [Airbnb](#), [Vrbo](#) and [Kijiji](#).

Food and Supplies

If not exempt from the 14-day quarantine, you are NOT permitted to leave your house/residence to shop for anything. Please note that a credit card/Visa debit or MasterCard debit is required to use the following food services:

- Order Online: Order groceries from major stores (Superstore, Independent Grocery, Shopper's Drug Mart and Staples) via [Instacart](#).
- You can also order your groceries online using [Click and Collect](#) and a Keyano representative will pick them up and deliver it to your door.
- Restaurants: Many Fort McMurray restaurants offer delivery through delivery service apps such as [Skip the Dishes](#).

Laundry

A washer and dryer is available in Keyano Penhorwood residence if using this place for quarantine. Laundry arrangements can also be made online through "D" [Laundromat](#).

All laundry will be picked up and dropped off in front of your door, with no contact between both parties. The Student Services Department is also here to assist you if you need further assistance

Transportation from Airport to Place of Quarantine

- Keyano College will be providing transportation from the airport to your place of quarantine for all international students required to self-isolate (e.g., hotel, on-campus residence, or other commercial housing, homestay provider or custodian)
- Any requests for an airport pickup must be made one week prior to your flight arriving to Fort McMurray International Airport (YMM). The Keyano College Student Life



team will respond to your requests within five business days. To request airport pick up, please complete the [airport pick up form](#) online via the international student page.

- You will be provided with a mask, hand sanitizer and a pamphlet with information regarding COVID-19 protocols on campus. Please adhere to all health protocols and social distancing requirements.
- You are expected to keep your mask on while in transit to your place of quarantine, as well as handling your own luggage and sitting as far apart from the driver as possible.

Preventing the Spread of COVID-19

Even though Canada's recovery effort and vaccine rollouts have eased certain restrictions, you are still advised to protect yourself and those around you.

How do I avoid contact with others?

- You need to stay at home or in your residence room and not have any visitors.
- Students living in residence should read the additional guidelines for students living in residence.
- Sleep and stay in a room with good airflow if possible. Use a separate bathroom.
- Avoid face-to-face contact (stay 3 to 6 feet away from others, and wear a mask if this is not possible). Have groceries or food delivered avoid face-to-face contact.

How can I help stop the spread of germs?

- Wear a face mask when you are in the same room with other people, or if you have to leave your self-isolation for any reason.
- Cover your cough and sneezes.
- Cover with a tissue, or use your upper sleeves or elbow, not your hands.
- Wash your hands immediately after you sneeze. Discard tissues in a lined trash can and tie up the trash bag before disposing.
- Wash your hands often with soap and water for at least 20 seconds.
- Dry with paper towel and discard into a lined trash can. If soap and water isn't available, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose and mouth with unwashed hands.
- Do not share household items like dishes, cups, eating utensils, towels, bedding or other items. Wash all these items with soap and water after use.



- Flush the toilet with the lid down. Viruses may be present in stool or feces. Wash your hands after using the toilet
- General cleaning: Use water and liquid dishwashing soap or common cleaning wipes
- Apply firm pressure while cleaning hard surfaces. Clean surfaces once per day. Clean surfaces that are touched often at least twice a day (counters, table tops, doorknobs, toilets, sinks, taps)

Find the latest information for Albertans in this resource [link.](#)



Self-Isolation Plan Form

Name _____

Destination City _____

How I will travel to my destination:

- ☐ Pick-up arranged by Keyano College
☐ I have made personal arrangements

Accommodation at my destination:

Address _____

I will be living at this address for 14 days, from _____ to _____

I have ensured that there are no persons vulnerable to COVID-19 at the residence where I will live, including those who have an underlying medical condition, compromised immune system from a medical condition or treatment, or are 65 years of age or older.

What I will do in case of symptoms:

If I start having symptoms of COVID-19 (cough, shortness of breath, or a fever equal to or greater than 38 degrees Celsius, or signs of a fever: e.g. shivering, flushed skin, excessive sweating), I will immediately call Residence Staff at 780-791-4928 and/or Security at 780-791-4911, and follow their instructions. During weekends and holidays, please call the Alberta Health Link by dialing 811.

My understanding of the self-isolation requirements:

I understand that self-isolation requires me not to be in physical contact with any persons in connection with Keyano College or in the Regional Municipality of Wood Buffalo while in self-isolation.

I have read the information on self-isolation at Canada.ca/public-health/services/publications

Signature: _____

Date: _____