



University name: Dominican University College

Date approved: January 26, 2021

QUARANTINE PREPAREDNESS PLAN FOR INTERNATIONAL STUDENTS AT DOMINICAN UNIVERSITY COLLEGE

Health insurance:

- ❖ DUC provides health coverage plan for international students through guard.me. Prior to their arrival in Canada, international students and their co-arriving family members are encouraged to consult the insurance coverage options so that they can provide a proof of health insurance coverage upon request.
 - ◆ It is imperative that individuals do not travel if they have symptoms associated with COVID-19 (coughing, fever or shortness of breath). Please note that students and their co-arriving family members will be subject to health checks before boarding flights and upon arrival in Canada. Symptomatic individuals will be refused boarding and/or denied entry to Canada upon arrival at a Port of Entry (PoE). Students and their co-arriving family members are encouraged to conduct pre-departure health checks and notify their quarantine destination if their travel plans need to change as a result of health concerns. We recommend that students and their co-arriving family members bring as many non-medical masks as they may need to travel to their final quarantine destination in Canada. More information about quarantine planning can be found [on IRCC's website](#). As of November 21, 2020, students and their co-arriving family members travelling to Canada are required to submit their information electronically through the [ArriveCAN mobile app](#) before they board their flight.

Transportation:

- ❖ Students and their co-arriving family members travelling to DUC are advised to make Ottawa their final destination, and point of entry. All students landing outside of Ottawa, and those travelling from the Ottawa airport to their quarantine destination, are advised not to take public transportation but use, instead, if necessary, taxi services such as **Blue Line**, or rideshare services such as **Uber** and **Lyft**, at their own risk.
- ❖ Students are welcome to communicate with the university administration prior to their arrival should they need assistance.

Telecommunication services:

- ❖ International students and their co-arriving families are encouraged to get in touch with one of the local telecommunications providers such as **Rogers** and **Bell** to set up internet and mobile data plans that best suit their needs during the mandatory quarantine period.

Food deliveries:

- ❖ International students and their co-arriving families are encouraged to check out local grocery stores such as **Metro**, **Loblaws** and **Farm Boy** for food delivery options during the mandatory quarantine period.
- ❖ International students also qualify for **Amazon Prime** services.

Pharmaceutical and health supplies:

- ❖ International students and their co-arriving families are encouraged to check out local pharmacies such as **Shoppers Drug Mart** and **Rexall** for health supplies delivery options such as PPE and/or prescription medication.

Housing:

- ❖ DUC is proud to be able to assist students travelling to Ottawa with the mandatory quarantine requirement. DUC is partnering with [Canada Homestay Network](#) which can accommodate international students during the 14-day quarantine period. More information about their updated policies and price lists to be found on their website.
- ❖ DUC does not take any responsibility for off-campus quarantine locations and arrangements. Please visit the [Landlord Tenant Board](#) for more information regarding tenant's rights and responsibilities.

Already here:

- ❖ All international students and their co-arriving family members are encouraged to consult the following Legal Requirements Information:

Legal Requirement Information

- As a result of the COVID-19 pandemic, the Government of Canada has put in place emergency orders under the *Quarantine Act* requiring all international arrivals to quarantine for 14 days immediately after their arrival in the country. It is intended to help slow the spread of the COVID-19 virus in Canada. Failure to comply with this order is an offence under the *Quarantine Act*, *Health Protection and Promotion Act*, and local bylaws and penalties can include:
 - ◆ a fine of up to \$750,000
 - ◆ 6 months of jail time
 - ◆ being found inadmissible, removed from Canada and banned from entering for 1 year.

Accordingly, if an individual is admitted to Canada, they must:

- ◆ go directly to their place of quarantine, without stopping anywhere, and stay there for 14 days
- ◆ not leave their place of quarantine unless it's to seek medical

assistance

- ◆ not have guests even if they are outside and stay 2 meters apart
- ◆ only use private outdoor spaces if they have one at their place of quarantine
- ◆ minimize contact with anyone who didn't travel together
- ◆ Monitor their health. If they develop symptoms of COVID-19, immediately call a health care professional or public health authority.
- ◆ After an individual is permitted to enter Canada, Government of Canada officials will contact them to monitor compliance with their mandatory quarantine. Individuals should be prepared to answer calls from a Government official via telephone number **1-888-336-7735**. It is essential that students develop a detailed quarantine plan and comply with the various governing rules and regulations during that 14-day period.
- ◆ In addition, all individuals arriving in Ottawa, should follow the regulations put forth by [Ottawa Public Health](#).

Staying healthy while studying in Ottawa:

- ❖ After their arrival and during the academic terms, international students are encouraged to stay in touch with their peers to maintain a healthy and happy rhythm of life. DUC has an active, tightly-knit student community. The DUC student association [AECDO](#) organizes student events and ensures that all students stay up-to-date and in touch with their peers.
- ❖ DUC guarantees that during the mandatory quarantine period, students will be able to complete the work online and join the classes remotely.