



MARIANOPOLIS
COLLEGE

**COVID-19 Quarantine Guidelines
for
International Students**

YOU ARE RESPONSIBLE

If you are an international student attending Marianopolis College and you are entering Canada from abroad you must read this document in order to understand what is required of you when you arrive in the country. You, not the College, are responsible for ensuring that all of these rules are followed; you, not the College, will face any consequences if they are not followed.

To be allowed to fly to Canada from another country you must provide written or electronic documentation proving you received a negative result from a COVID-19 molecular polymerase chain reaction test taken within 72 hours before you flew. You must wear a non-medical mask during travel. When you arrive in Canada, you must quarantine for 14 days.

This document is designed to help you prepare your mandatory quarantine plan.

Need help?

Contact our Admissions Office at admissions@marianopolis.edu.

WHAT HAPPENS WHEN YOU LAND

The Government of Canada established the [Quarantine Act](#), which includes [rules](#) that people travelling to Canada must follow.

When you enter Canada, government officials will ask you if you have a fever, cough or difficulty breathing. They will also ask if you have a suitable place to isolate or quarantine, where:

- You'll have access to basic necessities, including water, food, medication and, during the winter, heat
- You won't have contact with others or be in a group-living arrangement

You will be required to acknowledge that you must quarantine for 14 days if you don't have symptoms or isolate for 14 days if you have symptoms.

The officials will tell you what you must do and the penalties if you don't do it.

Violating any instructions you are given or giving inaccurate information is an offence under the Act and can lead to six months in prison and/or \$750,000 in fines.

If you break your quarantine or isolation, resulting in the death or serious bodily harm of another person, you could face a fine of up to \$1,000,000 and/or 3 years in jail. Local and provincial police have more power to enforce the Act. They can issue fines up to \$1,000.

Learn more [here](#).

FROM THE AIRPORT, TO YOUR QUARANTINE LOCATION

You must familiarize yourself with [Immigration, Refugees and Citizenship Canada quarantine guidelines](#). In short:

- Immediately after you land, go directly to where you will quarantine. Do not make any detours or stops.
- Wear a face mask until you arrive where you will quarantine.
- Do not leave for 14 days unless you have an urgent medical reason.
- Remain indoors. Do not go outside, not even for a walk.
- Arrange for essential items, such as groceries and medicine, to be delivered.
- Avoid physical contact with anyone other than anybody who travelled with you.
- Avoid sharing common areas, such as the washroom and kitchen, with anyone.
- If you develop COVID-19 symptoms, call 514-644-4545.

YOUR QUARANTINE PLAN

You must give government officials at your port of entry your quarantine plan, detailing the arrangements for your quarantine. This may include some of the questions shown below.

Quarantine Plan					
Do you have accommodations where you can quarantine for 14 days?	YES	NO			
	<input type="checkbox"/>	<input type="checkbox"/>			
If "YES", quarantine type?:	PRIVATE RESIDENCE	WITH FAMILY	COMMERCIAL (HOTEL)	UNIVERSITY RESIDENCE	OTHER _____
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If "YES", what is the address where you will be staying:	_____				
	Hotel Name	Street Address	Apartment/Unit #		
	City	Province	Postal Code		
Do you need accommodation assistance to quarantine from anyone who is over 65 years old or who has heart disease, high blood pressure, asthma or other lung disease, diabetes, cancer, immune suppression or is taking prednisone medication?	YES	NO			
	<input type="checkbox"/>	<input type="checkbox"/>			
Are you able to make the necessary arrangements for your quarantine period? (e.g. food, medication, childcare, cleaning supplies, pet care)	YES	NO			
	<input type="checkbox"/>	<input type="checkbox"/>			
If "YES", how will you receive these necessities?	DELIVERY	MEAL PLAN	FRIENDS/ FAMILY TO PROVIDE	OTHER	_____
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What form of transportation will you take to your quarantine location? (optional)	PRIVATE TRANSPORTATION	PUBLIC TRANSPORTATION	TAXI OR RIDE SHARE		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Additional Information

If you have any other details that you would like to include for your quarantine plan, please add them here.

Download the [ArriveCan](#) app so you can give your contact information and report other mandatory information, such as:

- Confirmation, within 48 hours, that you have arrived where you will quarantine.
- Daily submission of symptom self-assessments throughout your quarantine.

LEAVING THE AIRPORT

You must make travel arrangements to go from the airport to where you will quarantine. You must wear a mask on any transportation you take.

Shuttle bus 747 goes from [Montréal-Pierre Elliott Trudeau International Airport](#) to [Berri-UQAM station](#) downtown 24 hours a day, seven days a week.

There are taxis outside the airport 24 hours a day, seven days a week. Taxis are disinfected after each fare. Drivers accept debit, credit card or cash. There is a maximum of two passengers per vehicle. You cannot sit in the front seat.

WHERE YOU WILL QUARANTINE

If you live with other people, you must isolate from them. This means you must have a separate bedroom and, if possible, bathroom. You must physically distance from all household members and frequently disinfect high-touch surfaces.

You cannot quarantine at a hostel, residence with shared living accommodations, lobby, restaurant, pool or gym.

Marianopolis does not help in finding housing and is not liable for any losses or issues which may occur.

FOOD

It is preferable to have a kitchen to cook in. You may have restaurant food or groceries delivered.



Food-delivery apps:



MEDICINE

Bring at least one month's supply of medicine you must take. Make sure it is clearly labeled with your name on it and in its original dispenser. These pharmacies deliver:



HEALTH INSURANCE

You must be covered by a health insurance plan that meets government standards during your stay in Quebec. Unless you are covered by the [Régie de l'assurance maladie du Québec](#) (RAMQ), which is responsible for the management of the Quebec health insurance plan, you will automatically be registered for the College's health and accident insurance. This is so even if you buy third-party or private insurance.

The RAMQ covers students from the following countries for free: Belgium, Denmark, Finland, France, Greece, Luxembourg, Norway, Portugal, Romania, Sweden.

MORE RESOURCES

Health Canada [email updates on COVID-19](#)

How [to monitor your symptoms](#)

Quebec [alert zones](#)

[Download COVID Alert](#), Canada's free exposure notification app

Accueil Plus [arrival resources](#)

Marianopolis [COVID-19-related Q+A](#)

Cégeps du Québec [updates](#)

Resources for managing COVID-19 anxiety

Managing [mental health](#) during COVID-19

[Prevent eyestrain](#) from digital devices

Dealing with [screen fatigue](#)