Template for Students Making Private Quarantine Plan

Any international traveler entering Canada may be required to quarantine (self-isolate) for 14 days starting on the day they arrive in Canada. You must have a quarantine plan ready to share with your airline and border officials in order to travel to Canada, even if you are fully vaccinated and believe you will be exempt from federal Quarantine.

Note that the final decision on whether your self-isolation plan is adequate rests with the border services agent and public health authorities when you enter Canada.

The Government of Canada is strictly enforcing quarantine rules. You can expect to be called by public health authorities and visited government officials to ensure that you are following your quarantine plan. Failure to follow quarantine orders may result in a fine of up to $1,000,000 or a prison term of up to 3 years.

Below is a quarantine plan template which already has some of the details for your quarantine.  Please take the time to modify the document according to your specific circumstances.  Delete the sections in red letters and replace them with your own information if necessary.

**I INSERT FULL NAME a student of INSERT PROGRAM at Memorial University agree to follow the quarantine plan described below.**

I am aware that failure to follow this quarantine plan may result in a fine of up to $1,000,000 or a prison term of up to 3 years.  I take full responsibility for following the plan as described below in addition to any instructions I receive from the Memorial Arrivals/Self-Isolation Team and public health authorities.

Preparations Before travel:

* I confirm that I do not have symptoms of COVID-19
* I have completed the Memorial Arrivals Form found at: <https://www.mun.ca/international/arrivals-20-21/>
* I have planned my trip to my destination as directly as I was able to without any unnecessary stops.
* I have packed the items/medications I need for my personal care during my 14 days in quarantine including a thermometer to monitor my body temperature and a [non-medical mask or face-covering](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html) INSERT ADDITIONAL RELEVANT ITEMS IF YOU WANT
* I have downloaded the ArriveCan app.
* I have completed the [NL Travel Form](https://www.gov.nl.ca/covid-19/travel/arriving-in-newfoundland-and-labrador/travelling/)

Transport to Self-Isolation Location:

* I will go directly to my self-isolation address/location without stopping along the way.
* My self-isolation/quarantine address/location is: ENTER THE FULL ADDRESS WHERE YOU WILL QUARANTINE
* My self-isolation/quarantine address/location is a: [PICK ONE} Hotel / Airbnb / Private Rental Apartment / Other - Specify  
  I will go to my quarantine facility in a taxi or private vehicle when arriving at the airport. I will not use public transport.
* I will wear a non-medical mask or face-covering the whole way from the airport until I reach my room.
* I will sit in the back-seat passenger side, keep the windows down if possible, and practice 2 metre physical distancing always.  MODIFY THIS SECTION TO SUIT YOUR METHOD OF TRAVEL IF NECESSARY,

Arrival at the Self-Isolation Location:

* I have informed my hotel [if applicable] and Memorial University in advance of my expected arrival date and time.  I will inform them of any changes to my flights/arrival time.
* I will not use an elevator with anyone who is not travelling with me.
* I will continue wearing a non-medical mask or face covering in all the public areas.
* I will proceed directly to my assigned room without interacting with others in the building (IF APPLICABLE)

While in Quarantine:

* DESCRIBE HOW YOU WILL SELF-ISOLATE
* DESCRIBE HOW YOU WILL GET FOOD AND OTHER ESSENTIAL ITEMS
* DESCRIBE HOW YOU WILL ACCESS MEDICAL CARE IN CASE YOU NEED IT (YOU ARE ALLOWED TO LEAVE QUARANTINE BUT SHOULD HAVE A PLAN FOR HOW TO DO THIS SAFELY)
* I confirm that I will remain in my ROOM OR RESIDENCE without leaving unless it is to receive medical attention for a period of 14 days starting from the day I arrive.
* DESCRIBE HOW YOU will limit contact with others in the place of isolation if applicable
* Describe how you will clean your place of isolation while you are in quarantine
* I will not have visitors during my 14 days in quarantine.
* I will monitor my health for symptoms of COVID-19.
* I will use the ArriveCan application to report my symptoms daily to the government within 48 hours of arriving in Canada.
* I will answer phone calls from public health officials and provide access to official visitors following up to ensure that I comply with quarantine rules.
* I will check-in daily with the University to report on any COVID-19 symptoms, positive COVID-19 test results, to confirm that I am following quarantine regulations, and to inform the University if I need any additional support.

If I Develop Potential COVID-19 Symptoms:

* In case of COVID-19 signs or symptoms, I will take the online [NL COVID-19 self-assessment](https://covidassessment.nlchi.nl.ca/) and follow the instructions in coordination with the self-isolation support team.
* I will call the local 811 health line if I need non-urgent medical advice from a nurse.
* I will follow all health and safety precautions including wearing a mask in case I am directed to go to a COVID-19 assessment centre or to receive medical care~~.~~
* I will remain in quarantine, at my own expense, if I develop any signs or symptoms of COVID-19, following all guidance from public health officials

Name:  INSERT YOUR FULL NAME

Date: INSERT THE DATE THAT YOU MAKE YOUR PLAN

Signature: SIGN THIS DOCUMENT