



COVID-19 International Student Arrival and Quarantine Guide

The health and safety of our students, staff, and faculty are of utmost priority at OMNI College. We have a robust safety plan and implemented measures to minimize the risk of COVID-19 at OMNI College.

OMNI College is a government-approved COVID-Ready Designated Learning Institution. You can find OMNI College on the list of approved Designated Learning Institutions [here](#).

During this period of COVID-19, Canada and the British Columbia provincial government have taken steps to help mitigate the spread of COVID-19. It is currently mandatory under the Quarantine Act that:

- Anyone arriving in British Columbia from outside of Canada must self-isolate and monitor for symptoms for **14 days upon their arrival**, *unless fully-vaccinated*(read more below)*. A clear COVID-19 test will be required toward the end of their quarantine.
- Anyone arriving from outside of Canada must complete the federal ArriveCANADA app online.
- All travellers aged 5 years old and older must present a **negative COVID-19** test result to the airline prior to boarding international flights bound for Canada.
- All travellers entering Canada by air or by land will be required to take a COVID-19 test before leaving the airport/land border.
- Those entering by air will be required to spend **3 nights quarantine in a government designated hotel**, at the traveller's own expense, while awaiting test results (*unless you qualify for the fully vaccinated exemption*). Travellers will be able to proceed to their quarantine site as identified in their quarantine plan once the test comes back clear. Upon arrival to Canada, travellers will be provided with an at-home COVID-test which must be taken on day 8 of the mandatory quarantine and have a clear result in order to end quarantine on day 14. ***As of August 9, 2021, the 3-nights quarantine in a government designated hotel will no longer be required for ALL travelers, whether fully vaccinated or not.** However, the 14-day self-quarantine requirement still applies to those ineligible for the fully-vaccinated exemption.
- *As of July 5, 2021, anyone who has been **fully vaccinated for COVID-19** at least 14 days or more prior to their travel to Canada may be exempted from the quarantine requirements. Read the full [vaccination exemptions on the government website here](#).

For more information on complying with the Quarantine Act and the ArriveCANADA app, [click here](#).

You MUST read carefully and be aware of the policies and measures before entering the country.

Before Travel

A letter from OMNI College: When entering into Canada, you will need a letter from OMNI College attesting that your attendance is necessary to complete the program of study. You can request this letter from your Overseas Coordinator or Student Success Advisor before you travel. Make sure you are able to print a copy of this letter to carry with you and present to border officials upon arrival.

Your Quarantine Plan: Once you arrive into Canada, you will need to show that you have prepared a well-thought out plan in preparation of your required 2-week self-quarantine ([regardless of whether you are seeking the fully vaccinated exemption](#)), including, if arriving prior to August 9, 2021, your first 3 days mandatory stay at a government designated hotel if you are not fully-vaccinated. If you do not have a plan, you may be denied entry into Canada.

Your plan must include details such as:

- How you will get from the airport to your quarantine location without any stops along the way
- Safe accommodations for you to stay during your 2-week self-isolation period, including your first 3 days at a government designated hotel if applicable.
- How you will get food, medication, supplies or other necessities as you will not be able to leave your place of self-isolation

The below checklist has been created to help you prepare to come to Canada.

Pre-Arrival Checklist (all items are mandatory):

- Review this OMNI COVID-19 International Student Arrival & Quarantine Guide in its entirety and submit your signed acknowledgement at the bottom of this guide. If you have any questions please consult with your Student Success Advisor.
- Download the [ArriveCAN app](#) to your mobile device. If you are seeking the fully vaccinated exemption, you MUST upload your proof of vaccination into the ArriveCAN app BEFORE your arrival to Canada. If you do not, you **won't** be considered for the exemption, even if you meet all the other requirements.
- Download the [BC COVID-19 Support app](#) to your mobile device.

- ❑ Pre-book your 3-day required stay at a government authorized hotel for your arrival if you are not seeking the fully-vaccinated exemption and if you are arriving before August 9, 2021. See [list of authorized hotels](#).
 - ❑ If you are seeking the fully vaccinated exemption, read and understand the [exemption requirements here](#). There is also a fully vaccinated exemption checklist [here](#).
 - ❑ Prepare a self-quarantine plan. The government of BC has prepared a BC self-quarantine plan form. We encourage you to complete this form as it will help ensure you have prepared yourself successfully. You can find the BC self-quarantine plan form [here](#). If you do not use their form, make sure you have prepared a well-thought out quarantine plan and have it printed and ready to show upon arrival.
 - ❑ Share your self-quarantine plan and your complete travel details with your Student Success Advisor at OMNI College.
 - ❑ Share your correct contact details with your Student Success Advisor as well to ensure we can reach you upon arrival to Canada.
 - ❑ Make sure that your accommodation arrangements conform with the Government of Canada and BC regulations regarding [Mandatory Quarantine](#). Shared living, hostels, homestays, even many hotels will not necessarily meet the requirements. You are not permitted to live in a group or communal setting (except for your own family members if they are accompanying you) and you must not have contact with vulnerable individuals (seniors, immunocompromised individuals). Consult with your OMNI Student Success Advisor who may provide suggestions on self-isolation appropriate options. See a list of options on our website [here](#). You are ultimately responsible for ensuring that your self-quarantine arrangements meet the [government requirements](#).
 - ❑ Purchase adequate private medical insurance. After 3 months in BC, you will be required to register for the BC Medical Service Plan (MSP), however this will not provide coverage to you during your first 2-week self-quarantine period in Canada. You may purchase your own private medical insurance, or your Student Success Advisor will help you register through OMNI's student medical insurance plan.
 - ❑ Print the letter from OMNI College as noted above.
 - ❑ Pack extra reusable or disposable masks and ensure you are wearing one throughout your travels to Canada. You will be denied boarding onto your flight if you are not wearing a mask or face-covering. As of November 19, 2020, masks are required in all indoor public spaces as per a Provincial Health Order. You will also need your mask when taking a private taxi, Uber or Lift to your accommodations. Make sure you have enough masks with you.
 - ❑ Pack and carry with you sanitation products like hand sanitizer, alcohol wipes, gloves, etc to help further protect you and others from spreading the illness.
 - ❑ If you experience any symptoms of COVID-19, do NOT travel to Canada.
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During Travel:

- Practice safe physical distancing by remaining at least 6 feet/2 meters away from others as much as possible.
 - Wash your hands frequently, for at least 20 seconds each time, with hot soapy water.
 - If you need to sneeze or cough, do so into your elbow while turning away from other people.
 - Use hand sanitizer frequently, and use wipes to sanitize the in-flight areas around your personal space (table trays, seat belts, arm rests, etc).
 - Keep your cell phone charged in case of emergency when you arrive.
 - Keep a record of phone numbers handy just in case:
 - OMNI College (604) 279-1800
 - Your accommodation location phone number
 - Friends or family you may know in the local area
 - Healthlink BC provides 24/7 health advice: dial 8-1-1
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Post-Arrival: Arriving in Canada (YVR airport):

- Upon arrival to Canada, you will be required to take a COVID-19 test before leaving the airport regardless of whether you have been fully-vaccinated or not. If you are not seeking the fully vaccinated exemption, you will be required to spend **3 nights quarantine in a government designated hotel** while awaiting test results (if arriving before August 9, 2021). You will be able to proceed to your other quarantine site as identified in your quarantine plan once the test comes back clear. At the airport, for those who have not been granted the fully-vaccinated exemption, you will also be provided with an at-home COVID-test which must be taken on day 8 of the mandatory quarantine and have a clear result in order to end quarantine on day 14.
 - At the airport and afterwards, ensure that you always wear a face mask and maintain social distancing even while you pick up your luggage, await your private transportation, all the way until you reach your self-quarantine location. You are **not** permitted to use public transportation (bus, skytrain, etc) until after you successfully complete the 14-day self-quarantine period.
 - Do not make any stops between the airport and your self-quarantine location.
 - Do NOT come to the OMNI campus. Students are allowed on campus only after they have successfully completed their 14-day self-quarantine period. We are excited to meet you in-person, but please do NOT come to OMNI until after your 2-weeks are up and you are healthy.
 - Go directly to your self-quarantine location upon arrival in Canada.
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During Self-Quarantine (if you were not granted the fully vaccinated exemption):

It is very important that we remain connected during these next 2 weeks to ensure you have the supports you need. Please contact us with any questions at (604)279-1800. A copy of our complete COVID-19 Safety Plan is available on our website at omnicollege.com.

We are here for you and want to ensure you a healthy, safe, and successful transition to Canada so that you may enjoy your studies with OMNI College.

Over the next 14 days during the mandatory self-isolation, please make note of the following:

- Remain in regular communication with OMNI College via our phone number (604)279-1800.
- Make sure that we also have **your** contact information at all times.
- Report to our General Manager, Wesley Bullock, as soon as you arrive at your self-isolation location and have settled in.
- Report to our General Manager every 3 days before 10am PST Mondays and Thursdays, or as soon as possible if you develop COVID-19 symptoms. Should he deem necessary, you may be required to report in more frequently. If you do not report in as required, we will be actively contacting you for an update on your status.
- Do not have any visitors.
- Do not leave your self-quarantine location for at least 14-days (unless to seek medical attention).
- As part of these precautions, please be aware that we are required to report to relevant government health authorities if there are any compliance issues during your self-isolation period.
- Follow your self-quarantine plan accordingly, including how you had pre-arranged to have your food, groceries, etc delivered to you. See below list of resources if you need grocery, food and medical prescription delivery options.
- Take care of yourself! Stay connected with friends, family, and OMNI College through phone, Whatsapp, Facetime, etc. There will be opportunities for you to attend a virtual online orientation with OMNI, and to connect with fellow classmates also in self-quarantine.
- **If you feel any anxiety, depression or other mental health challenges please know that there are resources available for you:**
 - Resources are available to support the mental health and wellbeing of students including [Here2Talk](#) offering free, mental-health counselling available 24/7.
 - Culturally-aware crisis support is available 24/7 to Indigenous people in B.C. through the [KUU-US crisis response service](#).
 - The Province offers a range of [virtual mental health programs and services](#) to support mental health and wellness.

- Remember that COVID-19 can infect anyone, regardless of race, gender, social-economic background, country of origin etc. We can all do our part to reduce stigma around COVID-19. Access anti-stigma information on the Government of Canada website [here](#).
- Monitor your physical and mental health and feel free to reach out to us at OMNI if you need assistance. We are here to support you!
- **On Day 8 of your mandatory quarantine: follow the instructions to take your day 8 molecular test (provided to you at the airport/land border upon entry to Canada). You must receive a confirmed negative test before you can end your quarantine period. This test is provided by the federal government of Canada and not through the regular provincial health care system. Staff from the Public Health Agency of Canada will contact you to ensure compliance with testing requirements.**
- Once you are instructed by the health authority that you have completed your quarantine requirements, please share this confirmation with your Student Success Advisor at OMNI.

Please note: the above may also apply after you have successfully completed your initial 14-day self-quarantine, but at a later date are exposed to COVID-19 and are required to self-isolate.

During your self-isolation period, there are numerous grocery and food delivery services should you need. Below are a few options:

Groceries delivery	Food delivery	Medicine/Prescription delivery
Save-On Foods	Doordash	Pharmasave
Superstore	SkiptheDishes	London Drugs
T&T Supermarket	UberEats	
Safeway	Contact restaurants directly as many offer their own delivery	

When you are self-isolating, below is another website that can provide further guidance and information: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>

After Self-Quarantine:

Once you have completed your self-quarantine, it is important that you still observe social distancing rules when out and about. These rules apply to everyone:

- As much as possible, continue to physically distance yourself from others by remaining at least 6 feet/2 meters apart from people outside your household.
- We encourage everyone to continue wearing a mask or face covering at all times in all indoor public spaces, including at grocery stores, and while taking public/private transit. The use of masks are required when coming to OMNI College.
- Stay up-to-date with the Provincial Health Order requirements in place by accessing your BC COVID Support App.
- Always remember that COVID-19 can infect anyone, regardless of race, gender, social-economic background, country of origin etc. We can all do our part to reduce stigma around COVID-19. Access anti-stigma information on the Government of Canada website [here](#).
- To quote BC's Provincial Health Officer, Dr. Bonnie Henry: "Be Kind, Be Calm, Be Safe".

We look forward to welcoming you to the campus and to greet you in-person after you have completed the quarantine period.

If at any time through this process you have any symptoms of COVID-19:

1. Check the BC self-assessment tool at <https://bc.thrive.health/covid19/en>
2. Notify OMNI College's General Manager, Wesley Bullock at (604) 279-1800 or wesleyb@omnicollege.com, as soon as possible.
3. A list of testing centres is found on our website at <https://www.omnicollege.com/student-resources/international-students/medical/> or at the BC Centre of Disease Control site at www.bccdc.ca
4. Follow the instructions you will receive from the health authority should you test positive for COVID-19.
5. Continue to stay in touch with us at OMNI every 3 days before 10am on Mondays and Thursdays so that we may help case manage and support you through the process.
6. We will seek further advice with the local health authority around managing cases of COVID-19 at our campus, should it occur.

Additional Resources:

Access reliable and up-to-date information about COVID-19 here (including up-to-date regulations regarding religious gatherings):

- o www.canada.ca
- o www.bccdec.ca

International Student Acknowledgement:

In order to proceed with the final steps of your application for admission to OMNI College, you must acknowledge that you have received and understand the contents of this International Student Arrival and Quarantine Guide. Once you have read through this guide in its entirety, please acknowledge your understanding by printing (this page only), signing, scanning and emailing it to your Admissions Advisor.

I, (please print your name) _____, have read through the International Student Arrival and Quarantine Guide and agree to abide by the material and links presented to me here. Although English is not my primary language, my level of English enables me to fully understand and agree to these requirements.

Signature of Student

Date