



**Athabasca
University**

**INTERNATIONAL STUDENT
QUARANTINE PLAN TEMPLATE**

DLI# 01909237372



Personal Information:

Name (last/first) _____

Birthdate _____

AU Student ID # _____

Email: _____

Phone Number: _____

Travel Details:

Arrival Date: _____

Arrival City: _____

Accompanying Individuals (if any):

List individuals travelling with you (name, date of birth, relationship to you):

Transportation from airport to destination:

Describe your arranged transportation (public, private, mode, stops, other details). Be sure to follow appropriate protocols during transportation, including travelers handling their own luggage, stay as far apart as possible from the driver, taking the most direct route, avoid stopping if possible, masking unless alone, pay at the pump if fueling up, and drive-thru for food.

Quarantine Accommodation:

Quarantine Address: _____



Describe your arranged accommodation for your 14-day quarantine. Include type of accommodation, separate or shared bathroom/kitchen/etc. Will you have access to basic needs, including internet?

List all other persons living or staying at this address. (full name, age, any health conditions)

How will you remain isolated during the quarantine period? Provide as much detail as possible.

Food & Beverages:

How do you plan to receive food and beverages? ie, delivery? app/service? family/friend? Landlord? Provide details of arrangements and how food will be delivered contactless.

Supporting person contact: name/email/phone number

Finances:

You are responsible to secure your own finances to cover all costs during your quarantine time as well as the extent of your stay in Canada.

Are you financially prepared for the costs of accommodation, food and other necessities for your quarantine period and during your stay in Canada? _____



For Medical Assistance:

AU Mental Health support [Mental health check-in for AU learners - The Hub \(athabascau.ca\)](#)

Mental Health Resources [Mental Health and Wellness | Support Services | Athabasca University](#)

Homewood Health [The Homewood Health app | Support Services | Athabasca University](#)

Call 811 (Alberta Health Link) for medical assistance or if showing COVID-19 symptoms.

Ensure you have access to any prescriptions, over-the-counter medications, first aid supplies, as well as anything needed to complete your daily self-screening such as a thermometer.

While in Quarantine, reduce the risk of contracting or transmitting COVID-19.

You must follow provincial and federal requirements, such as

- Do not leave your place of quarantine unless it is for a medical emergency, an essential medical service or treatment, to obtain a COVID-19 molecular test, or it is pre-authorized by a Quarantine Officer.
- Use only private outdoor spaces, such as a balcony or private backyard, can maintain six feet or two meters distance from others, and the area is not accessible to others.
- Do not use an elevator or stairwell to go outside if you are quarantining in an apartment or high rise.
- Do not use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.
- Do not take public transportation, including buses, taxis or ride sharing.
- Do not have any visitors including family or guests, especially seniors and people with chronic conditions or a compromised immune system.
- Arrange for friends, family, or delivery service to drop off food, beverages, medical and other supplies at the door without entering or contact.

If you must quarantine in a shared household:

- Remain completely away from others, in a separate room with access to your own bathroom. If this is not possible, be sure to clean and disinfect the bathroom (all surfaces, light switches and taps) after use. Do not share towels.
- If using shared space, even temporarily when others are not present (such as a hallway), wear a mask.
- Do not share household items such as dishes, drinking glasses, cups, utensils, towels, blankets and pillows. After using these, wash them very well with soap and water, place in the dishwasher for cleaning, or wash in the washing machine.
- It is still recommended that you remain isolated from household members who have been immunized.
- All household members should wash hands often with soap and water thoroughly for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap and water are not available and hands are not visibly dirty.
- Encourage household members to not touch their eyes, nose and mouth with unwashed hands.
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze. Throw used tissues in the garbage and immediately wash hands with soap and water for at least 20 seconds.
- Regularly clean and disinfect frequently touched surfaces such as doorknobs and countertops.
- Monitor yourself and others for symptoms of COVID-19 and use the self-assessment tool [COVID-19 Alberta Health Daily Checklist - updated January 2022](#)



Expect calls, e-mails, and visits from Government of Canada.

The Government of Canada uses the information you provided in ArriveCAN to verify that you:

- Arrived at your place of quarantine
- Are providing daily symptom reports

You will receive live or automated calls. You must answer calls from 1-888-336-7735 and answer all questions truthfully to demonstrate your compliance with the law.

You will receive e-mail reminders of your quarantine requirements.

Compliance:

I understand that:

I cannot quarantine in places where I cannot separate myself from those living in the same facility.

I must report within 48 hours after my arrival in Canada via Arrive CAN.

During my quarantine I will complete the daily self-screening via ArriveCAN or call 1-833-641-0343.

I will respond to calls or visits from screening officers, law enforcement, as well as AU staff.

I will participate in Athabasca University's mandatory quarantine check-ins as part of the DLI readiness plan.

My quarantine will end after the 14th day only if I get a negative test result from my Day 8 test.

I will remain in quarantine if my day 8 test result is positive and will remain in quarantine for an additional 14 days from the day that the Day 8 test was taken if positive.

I will keep a copy of all my COVID-19 molecular test results.

I confirm that the information in this quarantine plan is true, and that I have read, understand and am aware of the requirement to comply with the Government of Canada's Quarantine Act. I understand and am aware of the penalties for violating these requirements, as shown on the Government of Canada website [Mandatory quarantine or isolation – Travel restrictions in Canada – Travel.gc.ca](https://travel.gc.ca/travel-alerts/notices/mandatory-quarantine)

Name: _____

Signature: _____

Date: _____