



Keeping Safe during COVID-19



**Welcome to New Westminister
School District**

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Introduction

As you can certainly appreciate, this year we need to alter our travel and arrival protocols.

Please take some time to review the information in this package. By not following this protocol, students may be denied entry into the country. Government authorities may also fine students for non-compliance in certain situations.

Our top priority is the health and safety of our students, host families, schools and communities. We are obligated to follow the regulations and recommendations of the federal and the provincial governments, as well as the local public health authority.



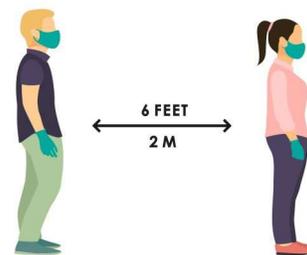
Definitions

Below you will find [COVID-19 vocabulary](#). Please become familiar with these terms.

Social/Physical Distancing

Keep at least 2 meters between you and others.
Avoid crowded spaces and places.

Social Distance



Self-Isolation and Quarantine

Stay in a place in isolation to prevent
exposing others or yourself to COVID-19.



Self-Monitoring

Check your health for possible symptoms of
COVID-19.



Pre-Departure

Communication and Relationship Building

Contact your host family to know each other. A video chat using Zoom or Skype is a good way. Remember to exchange emails and cell phone numbers with your host family and enter the International Education office number into your cellular phone.

General: 604-517-6285; Emergency: 604-356-4980



Household Isolation

Before you leave your home country to come to Canada, it is recommended that you self-isolate in your home for 2 weeks and limit your contacts to just your family during that time.



Medical Check / Testing

If you can, you should request/obtain a letter from the doctor within 72 hours before departure that confirms you are healthy and safe to travel. If possible, you should also get a COVID-19 test. Bring the letter with you when you go through immigration. This is a suggestion, not a requirement.



Packing

Include the following in your carry-on bag:

- Passport with Study Permit / IRCC Approval Letter
- Re-entry Letter signed by Ms. Klein in New Westminster
- Copy of self-isolation plan confirmation number (see page 6)
- Custodianship Documents & Host Family Contact Information
- A mask and a bottle (<100ml) of hand sanitizer
- Snacks for the airplane



Arrival Plans

Before you leave your home country, you **must** (1) download the ArriveCAN app from the Government of Canada website and (2) complete a mandatory [Self-Isolation Plan for the Government of BC](#). **Print the confirmation number after you submit.** Both of these need to be completed prior to your arrival in BC.

BC Government Self-Isolation Plan



Before you leave your home country it is very important that you complete the BC Government's Support for Travelers Self Isolation Plan form. Complete an online version of the form at <https://travelscreening.gov.bc.ca/>

After you submit, print the confirmation number and keep for your records. You will need to show it at the airport.

ArriveCAN App

The ArriveCAN app is available for iPhone and android and can be downloaded from the App Store or Google Play. **This app must be setup before you arrive at immigration in Canada.** Once you are approved, the Immigration officer will provide you with a **TOKEN NUMBER** that you will need to enter.



Here are the steps to setup the app:

Let's get started

This tool is used to facilitate the collection of information needed to administer and enforce legislation to help contain COVID-19 and keep Canadians safe and healthy. You will only need to fill this out once per household.

Skip Next

Help us contain COVID-19

Finish as you go

Fill in your details to reduce wait times at Canadian ports of entry and limit points of contact. The app works in airplane mode and allows you to save your information to submit upon arrival at the airport or border.

Skip Next

Save time - enter your data up to 24 hours ahead of time for you and your family

Submit your form

To submit your information, you will need to enter a token - available on-site at Canadian airports and borders - upon your arrival.

Skip Next

Submit information at the port of entry

Enter your information

Add Traveller

Add your details here. If you are travelling as part of a family or group, you can add multiple travellers after.

Surname: Smith

First Name: John

Date of Birth: 1-01-31

Supports multiple travellers

Travellers

- ✓ Smith, John
- ✓ Smith, Jackie

ADD ANOTHER TRAVELLER

Complete the questionnaire

Complete this Covid-19 Self-Assessment and Quarantine Plan Questionnaire

Remember! You can get the token at the port of entry

Thank you for filling out your travel information

Next Step

will need to enter a token - available on-site at Canadian airports and borders.

Number: [input field]

is a token number

Show your receipt to an officer

Your Summary:

ARRIVAL: Vancouver International Airport

FLIGHT #: AC200

DATE: Apr 28, 2020, 10:44 PM

TOKEN NUMBER: [QR code]

TRAVELLERS:

- John Smith
- Jackie Smith

Present this Reference Code to the Border Services Officer

[QR code]

Done

Airport/Flight Best Practices

Wearing a Mask/Hand Washing

Remember to wear a mask at all times. Wash your hands before you board the airplane and several times while en route.



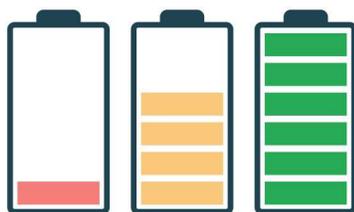
Practice Social Distancing

It is important to try to keep your distance from other people. You should try and keep at least 2 meters from other people.



Keeping Safe

Keep your cell phone charged in case you need to contact your host family. Bring some snacks in your carry-on bag because the restaurants in the airport may not be open. When you get to your airplane seat remember to wipe down your area.



Arriving in Canada

You finally made it! We are sure you are excited to begin or resume your Canadian experience in New Westminster.

- 1) Text your host family when you land.
- 2) Continue to Immigration & Customs kiosk
- 3) Be prepared to show your BC Self-Isolation Plan confirmation number and your ArriveCAN app receipt to the officer.
- 4) **Very important** - don't forget to get your Study Permit (if you need one) from immigration officer.
- 5) Collect your checked baggage.
- 6) Meet your host family at the spot you decided with them.



Self-Isolation / Quarantine

Government Rules and Communication

You made it through the airport and now are heading to your new home! In British Columbia everyone has worked hard to keep COVID-19 manageable. We did this by following some important rules from the government. When you get to your new home you must self-isolate for 14 days. This means you should stay in your room and avoid direct contact with your host family and others when possible.

The governments of Canada and British Columbia want to make sure all new arrivals to Canada are safe and healthy. To do this they will call you or your host family to make sure you are self-isolating and following the law. You must be prepared to answer call.



Student Responsibilities

To keep you and your host family safe while you are self-isolating, it is important that you stay in your room as much as possible. You can leave your room to go to the bathroom.

Remember to keep your room clean and practice good hygiene. Some examples are washing your hands often, showering every day, cleaning the bathroom after using it, covering your mouth and nose with your elbow when you cough and sneeze, and keeping your room windows open when possible.

What to do during self-isolation

Stay Connected

Contact your friends and family when you are self-isolating. Check with your host family to make sure you have access to Wi-Fi. It is important to check your emails regularly.



Monitor your Mental Health

Being in a new country is exciting but being in self-isolation *will* be challenging. Communicate with your host family regularly and let them know how you are feeling. We are all here to support you!



Physical Health

Stay active during self-isolation! This is a great opportunity for you to try a new exercise routine, such as yoga. It is important to make sure you establish a healthy routine as quickly as possible. Try to go to bed at a reasonable hour and do not stay up all night.



Resources

[How to self-isolate after travel when you live with other family members \(PDF\)](#)

[Returning Travellers Factsheet \(PDF, 216KB\)](#)

[Welcoming Home a Friend of Family Member Factsheet \(PDF, 214KB\)](#)

[Vancouver Airport website for Travel Directives and Screening](#)

[Tips for Proper Handwashing](#)

[Physical Distancing Fact Sheet](#)





September 2020 Travel and Arrival Protocol

We look forward to welcoming you to the New Westminister International Education Program in September 2020. We must ensure the health and safety of our students and host families. The following documents will outline the expectations of government and health authorities. Students must abide by these expectations to participate in the program.

Pre-Departure:

- Contact host family and discuss expectations, make sure they have a current photo of you
- Share arrival information and exchange contact information (cell/mobile, email)
- Complete the [online Mandatory Self-Isolation Plan](#) and print your confirmation number
- Download the **ArriveCAN App** (iOS and Android)
- You may wish to bring some disposable face masks OR cloth face masks, a large bottle of hand sanitizer, some nitrile gloves, and maybe a personal thermometer. This is optional.
- In your carry-on bag, pack the following:
 - Passport and Study Permit/Confirmation document
 - Reentry letter from us signed by Ms. Klein
 - Custodianship documents and Letter of Acceptance
 - Host family profile and contact information
 - masks, gloves, travel-sized hand-sanitizer, disinfecting wipes

Airport:

- Wear mask and gloves
- Wash hands frequently and use hand sanitizer
- Practice social distancing and touch as few surfaces as possible
- Sanitize your personal space and minimize washroom trips
- Keep cell phone charged
- Bring your own food and refillable water bottle
- Avoid touching your face

Arrival in Canada:

- Contact host family and confirm pick up point
- Wear fresh mask and gloves
- Have all documents ready to proceed through immigration
- Maintain physical distancing when picking up luggage
- Load your own luggage into the car and sit in back seat if possible





In Homestay – Self-Isolation:

- You are required to self-isolate for 14 days – this means staying in your room and avoiding contact with others
- When you arrive to your host family’s home immediately remove your travel clothes and place them in a plastic bag for your host family to wash for you.
- Your homestay family will provide you with foods, clean linens, a comfortable room and internet access
- Keep your room well ventilated and clean – open your window to allow air circulation
- Practice good hygiene and use a separate bathroom if possible
- Clean the bathroom after every use
- Stay connected with friends and family by phone or internet
- Monitor your physical and mental well-being. If you are not feeling well, let your host family know. You may feel ‘jet-legged’ which has different symptoms than the flu.
- Empty waste containers frequently, wash hands after
- Follow your host family’s advice to wash clothes / do laundry
- Keep personal items separate from those belonging to others
- Ask for help from your host family or International Education Office if you need it!

