Quarantine Resource Guide

This document can support you with your quarantine plan. You will find information about:

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Important Update: To ensure the safety of our campus, the university's mandatory mask directive **remains in effect** in all Ontario Tech buildings until the beginning of the Fall term. We will reassess the situation and provide an update closer to the beginning of the 2022-2023 academic year. More information can be found on the Ready for You website.

Check your travel eligibility

Please find out if you can enter Canada on the Government of Canada website.

Planning Your Quarantine Plan

If you are not fully vaccinated, you must quarantine for 14 days to limit the spread of COVID-19 and variants in Canada. **Failure to comply may result in fines and/or imprisonment.**

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Quarantine Plan

If you are not fully vaccinated, you must demonstrate that you have a suitable plan for quarantine for 14 days. You are expected to make these plans within your own means, before traveling to Canada. Your quarantine plan must be entered into ArriveCAN. Your quarantine plan will include the following.



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Accommodations – Place to stay

What is an adequate place to stay during quarantine?
These are requirements in the Quarantine Act that have been created by the Government of Canada.

Your accommodations must meet the following conditions:

- stay for 14 days or possibly longer
- have access to the necessities of life, including water, food, medication and heat without leaving quarantine
- can avoid contact with others who did not travel with you
- can avoid vulnerable persons or persons who provide care to vulnerable persons, (e.g., health care providers), unless the vulnerable person is a consenting adult or the parent, step-parent or dependent child;
- have no visits from family or guests

You can not quarantine in group living environments, such as:

- a small apartment you share with others
- a shared household with a large family or families or many people
- a shelter, group home, group residence, hostels, industrial camps, construction trailers or other group setting
- a student residence (unless you've received prior authorization)
- shared living spaces with housemates who haven't travelled with you that you cannot avoid interacting with

Assess whether your plan is likely to be considered suitable: Assess your quarantine plan

Read the Ontario Public Health's Cleaning and Disinfection for Public Settings guidelines

For more information, you can refer to the IRCC website on the Quarantine Act.

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**The online housing listings below have been submitted by individuals not associated with Ontario Tech University. The accommodations listed have not been inspected by Ontario Tech and the university makes no representation as to the accuracy of the information posted.*

Name	Address	Phone Number	Cost/Night	Location	Notes
Ontario Tech Residence	32 Commence Street, North	Refer to residence website	Please refer to the residence website for rates	Oshawa	• The quarantine in the residence is accepted only when the rest of academic year will be spent in the residence
Quality Suites Whitby	1700 Champlain Ave, Whitby, ON L1N 6A7	(905) 432-8800	$79.00 (+ tax) per night (includes breakfast)	Whitby	• Individuals cannot check-in themselves if not aged 21 and above. • Students below this age can however stay at this location as long as someone with the above age checks them in. • Please Call directly to Anne or Terri Layden at the hotel to book at this rate.
Best Western Plus Durham Hotel & Conference Centre	559 Bloor St W, Oshawa, ON L1J 5Y6	(905) 723-5271	From $95 Varies at time of booking	Oshawa	• Accepts individuals 18yrs and older
Residence Inn by Marriott Whitby	160 Consumers Dr, Whitby, ON L1N 9S3	(905) 444-9756	~ $119 + tax Rates are date dependent	Whitby	• Accepts individuals 18yrs only with a valid credit card. • Individuals 19yrs and older are accepted at this location with no restrictions

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Motel 6 Whitby, ON - Toronto East	165 Consumers Dr, Whitby, ON L1N 1C4	(905) 665-8883	Would have to call at time of booking	Whitby	• Individuals must be at least 18yrs to reside at this location
Holiday Inn Express Whitby Oshawa	180 Consumers Dr, Whitby, ON L1N 9S3	(905) 665-8400	Ranges ~$110 - $116	Whitby	• Individuals have to be 21yrs and older to reside at this location
Hotel Whitby on Hwy of Heroes	134 Byron St N, Whitby, ON L1N 4M9	(905) 668-6870	~$97 + tax Date dependent		• Accepts individuals over 18yrs and older • Requires a valid ID and deposit.
Homewood Suites by Hilton Oakville	2095 Winston Park Drive Oakville, Ontario L6H 6P5, Canada	(647) 260-3982	$89 + tax $104.59 after tax	Toronto	• Accepts individuals 18yrs and older • Individuals under 18yrs old will be required to provide necessary documents to be provided before reservations can be made
Hilton Garden Inn	100 Traders Boulevard Mississauga, Ontario L4Z 2H7, Canada	(647) 260-3982	$63 + tax $74.04 after tax	Toronto	• Accepts individuals 18yrs and older • Individuals under 18yrs old will be required to provide necessary documents to be provided before reservations can be made • Accepts credit card as a method of payment
Intercontinental Centre Hotel Toronto	225 Front St W, Toronto, Ontario M5V 2X3	Tel: (416) 597-1400 Fax: 416 597-8128	$130 (includes wifi and meals)	Toronto	For more or specific questions please email: torontocentre@ihg.com Or contact through the phone numbers provided.

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Downtown Location	Front Street & Simcoe Street, Toronto, Ontario	Tel: 1 877 660 8550	$95 (without meals, wifi, guestroom only)	Toronto	



Transportation

If you are not fully vaccinated, you are **required** to use private transportation for your transportation to your next quarantine destination.

You can find approved private transportation options below.

Company name	Price	Notes
Airline limousine	15% off with the promotion code: otu2021 (Put the code in the Special Request Section)	Booking is done through a website(www.airlinelimo.com) or phone call (416 675 3638) Book 24 hours in advance Payment is done by credit card, debit card and cash after the service is provided Have pixie shields in their cars
Attridge Transportation	$150-300 depending on the location	• Book through email: crussell@attridge.com with the following info: - Flight number - Date of arrival - Time of arrival - Destination

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		When arrive at the airport, text: 905 638 4824 ● Need to book 7 days in advance ● Cancelation: - more than 48 hours before their arrival date: 100% refund but 3% processing fee deducted - Within 48 hours, 50% refund
Airport Limo Oshawa	$135 to Oshawa (includes tax) $7 extra with pixie shields	● 24 hours in advance booking ● Book through email: service.limousine@gmail.com ● Reservation and enquiry number: (1) 289-240-3511 (2) 905-781-5466 ● Free Cancelation up to 2 hours before pickup
Study Safe Corridor		● This option applies when you book a full quarantine package through Study Safe Corridor ● Details regarding the private transportation will be communicated when booking. ● Exemption Letters: $100 + HST (Credit Card required, no refund ● Quarantine Package: - Cancel within 72 hours before arrival: no refund - Cancel outside 72 hours before arrival: be subject to a 10% plus taxes and service charges fee - Cancel after arrival: no refund ● The students who are arriving between November 30 and January 15 will have the opportunity to cancel their quarantine package with the Study Safe Corridor if they have one of the new approved vaccines. If you wish to **cancel** the 14 day Study Safe Corridor package, you must **notify us by**

		email at contactus@thestudenttravels.com **prior to 72 hours of your arrival** to receive a refund. All refunds are less the 10% administration fee and applicable taxes, and will be returned to the method of payment used to register within 10-15 business days. • The Study Safe Corridor will continue to support students with quarantine packages (including backup letters) until January 14, 2022. To purchase your back up plan letter, please register at: The Study Safe Corridor – Exemption Letter. Once we receive your information, we will make sure you receive your document within 72 hours of purchase.



Food

You are not allowed to go out to shop even for groceries and food during your quarantine. These are some examples of groceries or meal kits you can order from online.

Grocery Stores	Meal Kit Services	Delivery for take-out	Other
Walmart	HelloFresh	Uber Eats	Family or friends - can deliver the items to you to your door
Metro	GoodFood	Skip the Dishes	Hotels - may offer meals by room service

Instacart	Chefplate		Ontario Tech residence - meal plans
Papa Earth			
NoFrills			
Cornershop by Uber Eats			

Please note:

- If there is a province or city lock-down the wait time for groceries may increase. It's important to plan ahead and order your groceries in advance
- If you will use delivery services you will need access to a credit card that can be used in Canada in order to order your items. This is especially true since many businesses are not accepting cash at all due to the COVID-19 risk.



Medical Services

Campus Health Centre Supports

Campus Health Centre will be open for virtual and approved in-person appointments. Virtual supports continue to be available for Doctors, Nurses, Mental Health supports, Wellness Coaches.

We will have openings for International Wellness Checkups (IWC). Please indicate you want an IWC appointment at the time of booking.

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NOTE: only those patients invited for an in-person appointment will be allowed in the clinic and shall be required to wear a mask or face covering.

To make an appointment for any of our services:	
Phone	(905) 721-3037
Email	CHC@durhamcollege.ca
Livechat	https://durhamcollege.ca/student-life/health-and-wellness/campus-health-centre
Hours	Monday - Friday 8am – 4pm, closing noon-1pm for cleaning and lunch.

Find a clinic or a doctor near you

On the University Health Insurance Plan (UHIP) website you can find a health care provider close to you that accepts UHIP.

Emergency

If you are in an emergency situation requiring immediate attention: Call 911 or Durham Crisis Line at 1.800.742.1890.

Health Insurance Plan

Where can I get my University Health Insurance Plan (UHIP)?

As an international student you are required to have UHIP which is your mandatory health insurance. You need your UHIP when seeing a doctor.

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You can find more information on how to get your UHIP card by going to the University Health Insurance Plan (UHIP) web page.

Your UHIP coverage begins on the day you arrive in Canada, but not before the tenth of the month before you start your studies/work at Ontario Tech. Students must be registered for classes to be enrolled in UHIP. Please email uhip@ontariotechu.ca prior to arriving in Canada.

Mental Health Support

Student Mental Health Services offers short term counseling, wellness resources and community referrals. During quarantine it may feel isolating so it's important to check on your well-being.

Student Mental Health Service	
Phone	(905) 721-3392
Email	(905) 721-3392
Website	https://studentlife.ontariotechu.ca/services/health-and-wellness/mental-health-services/index.php

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Community Resources

The federal government also launched Wellness Together Canada, an online portal that connects Canadians to peer support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls. The portal will make it easier to find credible information and help address mental health and substance use issues. Access Wellness Together Canada on Canada.ca/coronavirus and the Canada COVID-19 app. For information on COVID-19 related stigma please read this.

There are community resources that are here to support you which can be found below:

Durham Region	Contact Information
Ontario Shores Crisis Line (24/7)	1.800.263.2679
Durham Mental Health Services Crisis Access Linkage Line / Mobile Services: Short term crisis beds, visits and free and confidential support line for individuals 16+ with a history of mental illness.	905.666.0483 or 1.800.742.1890
Durham Region Domestic Violence / Sexual Assault Care Centre (Lakeridge Health) (24/7): Crisis line providing counselling and referrals for sexual assault victims, all ages.	905.576.8711
Durham Rape Crisis Centre (24/7)	905.668.9200
OnDurham Distress Centre (24/7): telephone counselling, crisis and suicide intervention and referral.	905.430.2522 or 1.800.452.0688
Distress Centre of Durham	1.800.452.0688 or 905.430.2522
Durham Crisis Line	1.800.742.1890 or 905.666.0483
Aspiria Student Assistance	1.877.234.5327

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English Language Center Students

English Language Center students are enrolled in Guard Me's "Keep Me Safe" program. This online program offers counseling support by chat, phone and through ongoing virtual appointments in multiple languages. ELC students can contact Keep Me Safe anytime – day or night – to speak with a Counselor who has experience supporting the unique challenges students face.

You can find more information on the Keep Me Safe Program website.

Essential Services

You will need to arrange how you will get your day to day essential services (example, hygiene products). Some examples of places you can order from online are the following:

1. Walmart
2. Amazon

Other:

1. Family or friends - can deliver the items to you to your door
2. Hotels - may offer essential services through room service

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Pre-arrival Checklist

- ❏ ***Follow the instructions on the** pre-arrival checklist
- ❏ Read "Flying to Canada" checklist
- ❏ Read "Boarding flights and trains in Canada" checklist

Arrival Checklist

- ❏ ***Follow the instructions on the** arrival checklist
- ❏ *Fill out the **daily** Check-in Form
- ❏ **Monitor your symptoms.** Symptoms of COVID-19 can vary from person to person. It's important you monitor your symptoms.
    - ❏ **If you have symptoms** take a self-assessment online using this website: and inform your International Student Advisor through the check-in form
- ❏ **respond** to calls or visits from screening officers or peace officers
- ❏ **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 (i.e. balcony)
- ❏ **undergo** any health assessments that the Quarantine Officer requires
- ❏ **do not** have any guests
- ❏ **do not** use shared spaces such as lobbies, courtyards, restaurants, gyms or pools
- ❏ do not use public and private transportation (Ex. Bus, subway, etc.)
- ❏ do not have visitors or be in close contact with anyone
- ❏ do not go to school, work or any other public areas for 14 days

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- ❏ follow the instructions provided to you by Public Health Canada: How to Quarantine here (it shares this information in multiple languages)
- ❏ wash your hands often with soap and warm water for 20 seconds
- ❏ sneeze or cough into a tissue or bend your arm, not your hand
- ❏ avoid touching your eyes, nose or mouth with unwashed hands
- ❏ follow Ontario Public Health's Cleaning and Disinfection for Public Settings guidelines

While in Quarantine

COVID-19 Test – Day 8

When you enter Canada, you'll receive a self-swab kit to use on day 8 of your mandatory quarantine (except for travellers who are only passing through on their way to or from Alaska). Only use the test kit that you received at the border. Don't use any other test kits that you may have.

The instructions, web links and telephone numbers are all provided in the kit.

Day-8 test results and leaving quarantine

Three different scenarios may apply to your situation.

(1) Negative results for your test
If you receive a negative result from your Day-8 test before the end of your 14-day quarantine, you must still complete your mandatory 14-day quarantine. You may leave your place of quarantine once your 14-day quarantine is completed.

(2) Positive results for your rest

You must isolate yourself from others immediately for a period of 10 days beginning on the day you tested positive for COVID-19, which is the day you took the test. A government representative will call you to provide you additional details and instructions.

(3) Test result not yet available

If you haven't received your Day-8 test results, AND you have symptoms of COVID-19, you can't leave quarantine at the end of your mandatory 14-day quarantine; you must isolate yourself from others immediately for a period of 10 days beginning on the day your symptoms started. Contact your test provider to receive your test results.

If you haven't received your Day-8 test results and you don't have symptoms of COVID-19, you can leave quarantine at the end of your mandatory 14-day quarantine.

What do I do during quarantine?

- 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 (i.e. balcony)
- Do not have any visits from family or guests
- Do not use shared spaces such as lobbies, courtyards, restaurants, gyms or pools
- While on self-isolation you should not go to work, school, use public transportation, or go to other public areas (e.g., malls, restaurants, etc.)

Phone Services

Some phone companies are offering e-SIM cards. Talk to your phone provider to see if they have this option for you.

Ask yourself some of the questions below in order to help you decide on what cell phone company and phone plan is the best for you:

- ❏ What is important for you to have?
- ❏ Do you want to sign onto a plan (2 to 3-year contract) or use a prepaid phone plan?
- ❏ Do you already have a phone that is unlocked or do you need a new one?
- ❏ Do you need long-distance calling, and/or international texting?
- ❏ Do you need a data plan?
- ❏ Is the plan flexible? Can you add on or remove different services?
- ❏ What are overage charges should you go over your limit of text messaging, minutes or data?

Some phone plan providers are listed below:

- Bell
- FIDO
- Freedom
- Koodo
- Rogers
- TELUS
- Virgin Mobile
- PhoneBox is a company which gives international students an opportunity to obtain a Canadian phone plan and sim card. They offer a discounted prepaid phone service powered by Rogers and Telus. Students are free to cancel at any time. They also provide you with a physical sim card which can be shipped to you world wide even before you arrive in Canada.

For more information and instructions on how to sign up, please refer to their website.

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You can also make free calls from a computer, smartphone using the following services via internet:

- Poptox (can download the app or use directly from the website)
- Whatsapp (can download the app from website)
- Call2Friends (can download the app or use directly from the website)
- Viber (can download the app for mobile or desktop)

After Quarantine

- Comply with government requirements in the city you are living in. If you live in City of Durham then you can refer to the Durham City COVID-19 updates website
- follow Ontario Public Health's Cleaning and Disinfection for Public Settings guidelines

Important Resources

1. COVID-19: Travel, testing, quarantine and borders
2. Coronavirus disease (COVID-19): International Students

Contact Us

1. Book an virtual appointment with your International Student Advisors through the Student Life Portal
2. Email us at internationalarrivals@ontariotechu.ca
3. **For Travel Emergencies Only:** +1 289 797 2678
   Please note: This phone number is only for the purpose of supporting you in the event of an emergency while traveling. General Inquiries will be directed accordingly.

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