



SC GEOS LANGUAGES PLUS - VANCOUVER

COVID-19 Quarantine & Safety Guide



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Prior to Your Departure

Students Obligations & Responsibilities Prior to Travel to Canada

Our COVID-19 safe arrival and quarantine protocols will begin at the time you enrol in a GEOS program.

For a summary of the steps you will take on your journey to Canada see the Public Health Agency of Canada's helpful [Infographic](#)

Prior to travel to Canada, all incoming international students must complete the following:

- Agree to and sign the GEOS Document Checklist, including acknowledgment of requirements to comply with the Government of Canada's Quarantine Act, including the penalties of violation of the Quarantine Act, which include up to 6 months in prison and/or \$750,000 in fines.
- as of July 5, 2021, **fully vaccinated** international students with a valid study permit are exempt from Canada's quarantine requirement upon entry;
 - ✓ To be exempt from quarantine, students must:
 - 👉 Be eligible to enter Canada;
 - 👉 Have no COVID-19 symptoms (be asymptomatic);
 - 👉 Have received the full series of an accepted COVID-19 vaccine or combination of accepted vaccines at least 14 days prior to entering Canada (see list of accepted vaccines below)
 - 👉 Have proof of vaccination (in English or French, or a certified translation into English or French);
 - 👉 Take a COVID-19 molecular test within 72 hours before arrival in Canada and obtain confirmation of a negative result;
 - 👉 Have a suitable back-up quarantine plan in place prior to departure in case border officials deny quarantine exemption upon arrival; and
 - 👉 Meet all other entry requirements including entering all necessary information into the ArriveCAN app prior to departure.
 - ✓ Accepted vaccines in Canada
 - 👉 Pfizer (Comirnaty, tozinameran, BNT162b2) – two doses
 - 👉 Moderna (mRNA-1273) – two doses
 - 👉 AstraZeneca (Vaxzevria, AZD1222, Covishield) – two doses
 - 👉 Janssen (Johnson & Johnson) - single dos
- Complete and sign an International Student Quarantine Plan
- If your quarantine or post-quarantine accommodation is with Homestay, complete the Homestay Consent Form.
- Download the [ArriveCan Mobile App](#) and create an account with all details of your trip
 - ✓ Arriving in British Columbia complete a self-isolation plan at <https://travelscreening.gov.bc.ca/>
- Have appropriate medical insurance, effective as of your date of arrival, which includes coverage for COVID-19 during the quarantine period (recommended to purchase through GEOS)
- Prepare your Quarantine Packing Essentials (Absolute must-have items: thermometer, 3-week supply of masks (1 per day), gloves, cleaning supplies and hand-sanitizer, toothbrush

and toothpaste, a large plastic bag for dirty clothes & laundry, 3-week supply of any prescription medication).

- Prepare the following printed documents to show the Canada Border Services Agency (CBSA) if requested at Canada Customs: *International Student Quarantine Plan*, *Letter of Acceptance (LOA)*, *Letter of Introduction* (from your visa office with study permit reference number), *valid eTA or visitor visa* (temporary resident visa), *proof of funds*.
- Obtain a negative laboratory COVID-19 test result to present to your airline prior to boarding a flight to Canada. The test must be performed using a COVID-19 molecular polymerase chain reaction (or PCR) test and must be taken within 72 hours prior to the traveller's scheduled departure to Canada.
- Book your mandatory 3-night stay in a government authorized hotel:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latesttravel-health-advice/mandatory-hotel-stay-air-travellers/list-government-authorized-hotelsbooking.html>

- Add your 3-night booking information/confirmation using the ArriveCan Mobile App, if you are not exempted from Quarantine.

Departing from Home Country

While in transit to the port of departure in your home country, in airports and during flights, you will be expected to follow all recommended personal hygiene and health guidelines, including:

- ❖ Wearing a mask and gloves
- ❖ Washing/sanitizing hands frequently
- ❖ Observing appropriate physical distancing

Arrival to Canada (At Airport)

Students must wash/sanitize their hands, wear a fresh mask and gloves and respect physical distancing requirements while in their arrival airport. When passing through Canadian customs, you will be required to acknowledge that you must quarantine (self-isolate) for 14 days and will be required to present your printed Quarantine Plan to the CBSA agent. Upon arrival, students will take a COVID-19 test before leaving the airport.

Transfer Route 1: (From Airport to Government Authorized Hotel, if you are not exempted from Quarantine)

Once you pass through Canadian Customs and retrieve your luggage, take transit as directed (shuttle or taxi) to your government authorized hotel accommodation. You will need to stay up to 3 nights while awaiting the results of your COVID-19 test taken at the airport.

Transfer Route 2: (From Government Authorized Hotel to Quarantine Location)

Once you are cleared to leave the government authorized hotel, you will be greeted by the transfer coordinator, who will escort you to the parking/pick up location where the transportation vehicle and designated driver will be waiting to transport you and any accompanying family member(s), if any, to your 14-day quarantine location. There are no stops during travel/transfer from the airport to the quarantine site.

The transfer coordinator will ensure that you have all required Quarantine Packing Essentials and will provide any missing items.

Quarantine

14-day Mandatory Quarantine, if you are not exempted from Quarantine

Bluesky Homestay with coordination of GEOS will make arrangements for your 14-day quarantine at a designated quarantine site in Vancouver, that is equipped to follow necessary procedures to provide a safe, comfortable, full service two-week COVID-19 quarantine period. Students cannot leave their quarantine unit until they have completed 14 full days in quarantine. Exceptions are to travel directly to and from an assessment center to get a COVID-19 test, if directed by the local public health unit should the student display COVID19 symptoms.

You will be required to self-monitor for symptoms of COVID-19, including taking your temperature daily. You must **Check-in** within 48 hours of arrival through the **ArriveCAN app** or call **1-833-641-0343**. You must also **Report** your symptoms through the **ArriveCAN app** or call **1-833-641-0343** every day until the end of your 14-day quarantine.

You will be called from 1-888-336-7735 to verify your compliance during your 14-day quarantine.

Please answer telephone calls from this number.

If you or an accompanying family member, experience any symptoms of COVID-19 during the quarantine period, you/they must follow the directives of the Public Health Agency of Canada and local health authorities, and immediately notify both the quarantine provider (Homestay Coordinator) as well as GEOS. Anyone who has a suspected or confirmed case of COVID-19 will be required to remain at their quarantine site until a medical practitioner has confirmed they are clear of these symptoms and/or the student/accompanying family member has tested negative for COVID-19.

During quarantine, you will be regularly contacted by a GEOS staff member and Homestay Coordinator to ensure you are safe, healthy and that your needs are met. You will have access to WebEx virtual English classes while in quarantine to keep engaged and meet potential future classmates and teachers.

On day 8 of your quarantine, you will be required to complete a self-administered COVID-19 test:



Please check the following link and watch the video carefully:

<https://www.switchhealth.ca/en/individuals/home-kits/covid-test/>

On the morning of day 8 of quarantine (NOT BEFORE), open the test kit and follow the instructions. You must follow all instructions as listed on the sheet, do not skip steps, or do this on your own without the assistance of an online nurse.

Once you have completed the steps and the test has been picked up by a courier you can expect to have the results within 24-48 hours. Please check your Switch Health account for this result (under the tab-Home Test)

When you receive your results, please send a copy and/or screenshot to the GEOS Student Services at info@geosvancouver.com . This is kept on your quarantine file to ensure you have completed the government required day 8 test.

During your Studies

For the duration of your stay in Canada, please be mindful of and comply with public health directives. Stay home if you are sick, always maintain physical distancing, wear a mask when interacting with people outside your household/bubble, limit contact with others and practice good hygiene, including regular hand washing.

GEOS students must behave responsibly both on and off campus. Failure to follow local health guidelines puts the GEOS at risk and may lead to disciplinary action.

GEOS uses cleaning products and protocols which meet Canadian Public Health guidelines and are effective disinfectants against viruses, bacteria, and other airborne viruses. We are working with our vendors, distribution partners and suppliers to ensure an uninterrupted supply of these cleaning products and necessary personal protective equipment (PPE).

Cleaning & Sanitizing Protocol

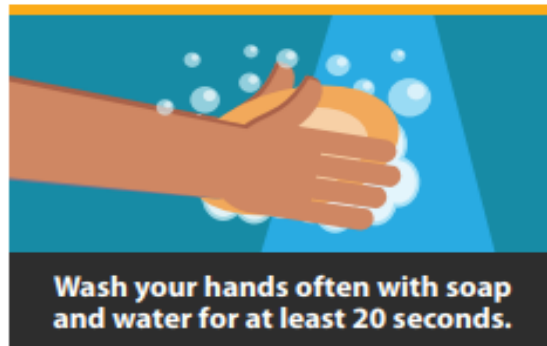
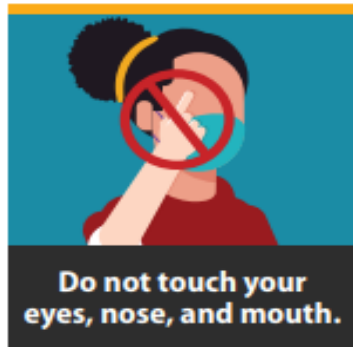
- Increased cleaning of hands-on learning environments and touch points throughout the building
- Sanitization of all stations at the beginning and end of each class
- Sanitation signage will be posted for reference
- Hand sanitizer bottles and wipes supplied throughout the campus

Protecting yourself and your classmates

Coronaviruses are spread through close contact with others. Here are some helpful tips to help prevent the spread of germs at home or in the workplace:

- ✓ Maintain physical distancing requirements (6 ft. minimum apart)
- ✓ Wear a non-medical mask at all times on campus and while taking public transportation (see instructions for [how to wear a mask](#))
- ✓ Wash your hands often with soap and water or use an alcohol-based hand sanitizer
- ✓ Sanitize often, every time you touch new surfaces
- ✓ Sneeze and cough into your upper sleeve
- ✓ If you use a tissue, discard immediately and wash your hands afterward
- ✓ Avoid touching your eyes, nose, or mouth

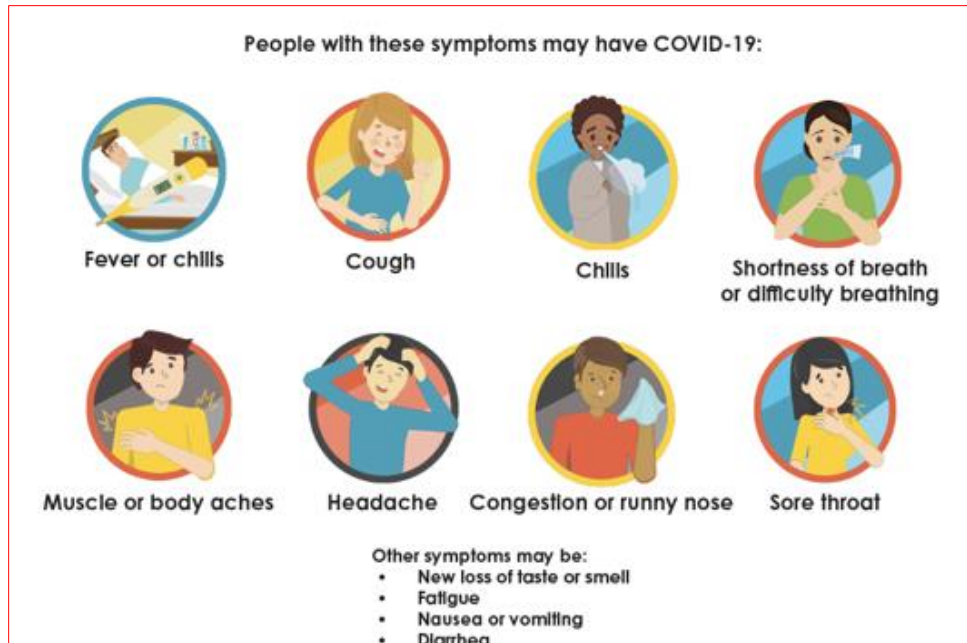
- ✓ Avoid contact with people who are sick
- ✓ Do not come on campus if you are sick
- ✓ Avoid high-touch areas, where possible, or ensure you clean your hands afterwards.



Self-Monitor for Symptoms

You must continually monitor your health for the following symptoms:

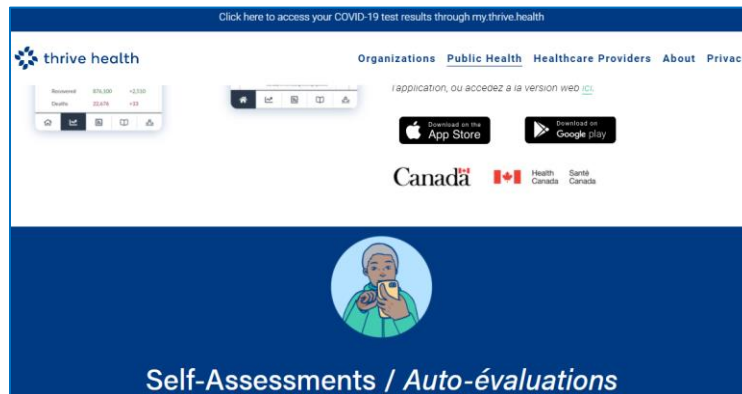
- Fever
- New or worsening cough
- Dry throat
- Difficulty breathing
- Loss of sense of smell or taste



If you start experiencing any symptoms of COVID-19 (cough, shortness of breath, a fever equal to or greater than 37.8°C, or signs of fever e.g., shivering, flushed skin, or excessive sweating), please contact a GEOS representative immediately.

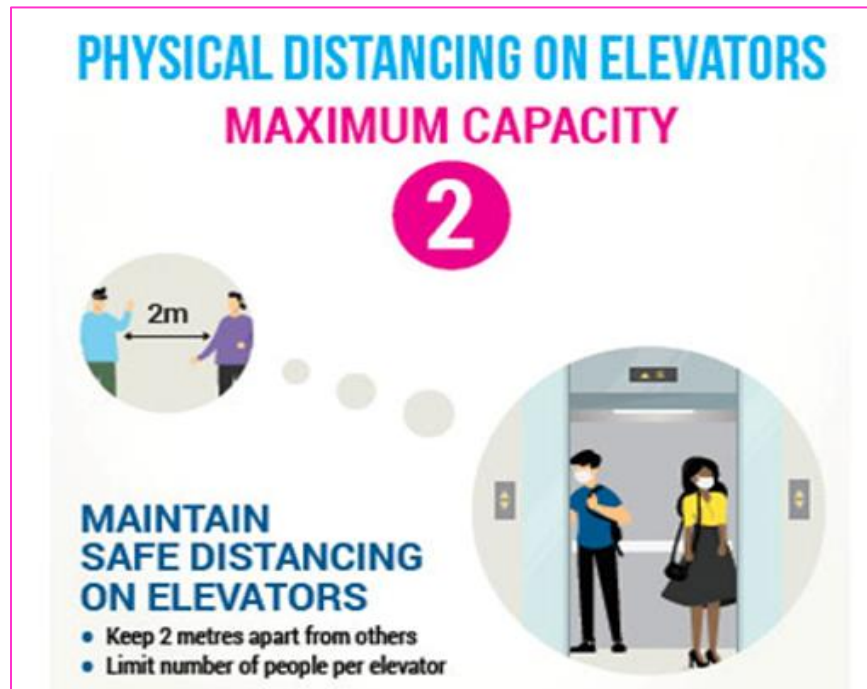
Arriving at the Campus

- Before arriving at GEOS Campus, complete the daily screening checklist on Thrive Health Canada App. Self-assessment Tool. To download the App, please click on the link: <https://welcome.thrive.health/canada-covid19-app>



- A GEOS Staff member will greet everyone entering the campus. You will be asked to show a screenshot of your daily health questionnaire, and will be asked to use hand sanitizer or wash your hands and to wear a mask (one nonmedical mask will be provided if student does not have one).
- Your temperature will be taken upon arrival. Designated areas will be made clear to everyone and this will be done in the least intrusive way (privacy safeguards will be in place for the collection, use, retention, and destruction of the information).

- Appropriate signage will be prominently displayed outlining proper mask usage and current physical distancing practices in use throughout our facilities
- Arrival time to class or work will be defined and limited. Students arriving late will not be admitted. We recommend arriving 15-20 minutes ahead of class start times to ensure enough time is given for all safety protocols to take place before entering our premises
- Students will enter the campus through doors that are either propped open (elevator door), or manually operated by an employee.
- Where possible all students will use a one-way stairway system.
- If access to elevator is permitted, please follow the building guidelines
- No access to microwaves or water fountains will be available.

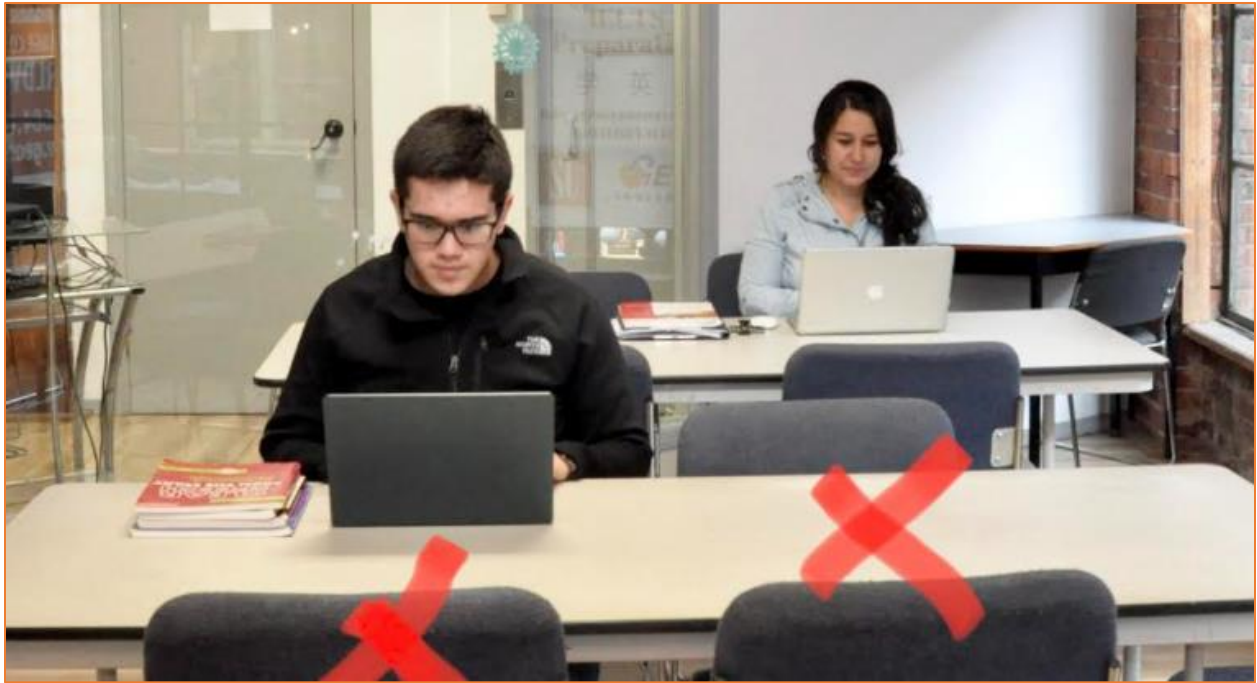


Travel and Contact Log

- ✓ To protect our students, GEOS will limit visitors to campus by appointment only, and virtual or phone appointments will be arranged when possible.
- ✓ We insist that students follow all public health & government guidelines when off-campus (e.g., maintaining physical distancing and limiting social interactions)
- ✓ GEOS recommends that students keep a personal log of their daily travels and contacts to help with contact tracing

Classroom Seating

To ensure maximum social distancing in a classroom setting, certain seats in class tables will be unavailable. Please refer to each individual classroom's signage and markers to see where you are allowed to sit. When in doubt, please sit at least 2 metres away from other students. Chairs will be removed to allow for maximum distancing within each classroom.



COVID-19 Case Management

- ✚ In the event there is a positive case of COVID-19 at our campus, GEOS will follow the protocols established by the Provincial and Federal Health and Government authorities.
- ✚ Students who have been in contact with an affected person or who was working/studying in the same campus will be notified immediately and may need to isolate for 14 days.
- ✚ If you feel unwell while on campus, please notify a GEOS staff member immediately.

If a COVID-19 case is confirmed

- You will be notified if you have been in contact with someone who has tested positive for COVID-19 on campus. GEOS will follow the advice of the local health authority in all cases.
- If you have been in contact with someone who has had exposure to a positive COVID-19 case, you will be advised to self-monitor for symptoms.
- Students who are required to self-isolate will have access to lessons online until it is deemed safe for them to return to school.
- If you develop symptoms of COVID-19 outside of the school, you should isolate immediately in your bedroom and contact the school immediately and also contact Bluesky Homestay.

Return to School

- If you are waiting for COVID-19 test results you must remain in isolation until they receive negative results and are cleared to return to campus by the local health authority.



If you have any questions, please consult a member of our staff, or contact info@geosvancouver.com

Mental Health & Wellness

Taking care of your physical and mental health

During COVID, mental health issues such as loneliness, depression, anxiety, self-image, relationships, stress or addiction can become magnified.

All calls and services are free, private and confidential.

- **[World Health Organization](#)**
[A guide to preventing and addressing social stigma](#)
- **[Here2Talk - British Columbia](#)**
[Here2Talk connects students with mental health support when they need it](#)
- **[Anti Racism Resources - Canada](#)**
[A site committed to helping people open their minds, exploring the diversity of language, culture, and lived experiences within Canada.](#)

Self-Isolation Plan

International Student Quarantine Plan

Personal Information

Name [First, Last]: _____

Passport number: _____

Date of birth (yyyy/mm/dd): _____

Country of origin: _____

Home address: _____

Arrival information

Arrival date: _____

Arrival from: _____

Port of entry into Canada: _____

Arrival by (airline name and flight #): _____

Quarantine plan

Quarantine location (name and address of homestay provider, hotel or accommodation provider): _____

I confirm that the following are provided by the quarantine site:

- Transportation to quarantine location
- 3 meals / day, delivered to my room
- Access to needed toiletries, linen, cleaning supplies etc.
- I confirm that I am entering Canada with medical insurance that provides coverage for COVID-19 during the mandatory quarantine upon entry period.

Commitment to this plan

I, [STUDENT NAME] _____, confirm that I understand the importance of the quarantine procedure upon arrival in Canada, and will follow all criteria provided in this document, as well as all requirements provided by the Government of Canada, for a full 14 days.

Signature: _____ Date: _____

GEOS Languages Plus Document Check List

WHEN YOU ARRIVE TO VANCOUVER

Going through customs at the Vancouver International Airport

When you land in Vancouver, you will have to go through the Customs as a Non-Canadian.

You will need to have the following documents with you:

Applicable for all students:

- Passport and Canadian VISA/Permits (if applicable)
- Copy of your travel insurance including description of coverage
- GEOS Letter of Acceptance (LOA)
- Your Voucher with all information about transfer, accommodation and emergency number
- Airport Transfer Confirmation (from Airport directly to Quarantine location)
- International Student Quarantine Plan: <https://travelscreening.gov.bc.ca/>
- Download ArriveCan mobile app; *Create an account and answers all questions related to your trip details*
- Bring a Valid International Credit Card for all expenses
- International Calls SIM Card (if possible)
- I am entering Canada with medical insurance that provides coverage for COVID-19 during the mandatory quarantine upon entry period.
- Quarantine Packing Essentials:
 - Thermometer
 - 3-week supply of surgical masks (1/day) and gloves
 - cleaning supplies and hand-sanitizer

If you are booking your self-isolation and/or post-quarantine accommodation with GEOS, please also check below:

- Homestay Student Consent Form (if quarantining with a GEOS Homestay Family)
- Homestay Family Safety Protocol (what to expect)
- GEOS Accommodation Letter (for your post-quarantine accommodation)
- I, _____, confirm that I understand the importance of the quarantine procedure upon arrival in Canada, and will follow all criteria provided in this document, as well as all requirements provided by the Government of Canada, for a full 14 days. I am aware of their requirement to comply with the Government of Canada's Quarantine Act, including the penalties of violation of the Quarantine Act, which include up to 6 months in prison and/or \$750,000 in fines.

GEOS Homestay Student Consent Form

- *Quarantine Packing Essentials.* What to Bring for 2 Weeks in Isolation: Absolute Must-Have Items: Thermometer, Masks, gloves, cleaning supplies and hand-sanitizer, Toothbrush and toothpaste, a large plastic bag for dirty clothes & laundry.
- *Transportation from Airport to GEOS Accommodation:* It will be mandatory that the students take GEOS transfer services to follow the protocols to pick-up the student from the airport to the GEOS Accommodation and be ready to have their temperatures checked or asked.
- *Luggage & Shoes:* The students need to take their shoes off and to sanitize them as soon as they arrive to the HS with disinfectant Sprays like Lysol along with all pieces of luggage.
- *Regular Temperature Check:* Students must bring from home country a thermometer and check temperature on a daily basis (twice a day AM and PM). GEOS can ask for this information anytime.
- *Monitor your health:* Monitor your physical and mental well-being. If you not feeling well, use the Government of Canada's COVID-19 self-assessment tool to help determine if you need further assessment or testing: For Vancouver click here <https://bc.thrive.health/covid19/en>. Contact GEOS Homestay Coordinator if you feel sick.
- *Fever (temperature above 37.8C) & other symptoms:* Students must notify GEOS Student Services and HS Family immediately in case of fever & other symptoms and follow guidelines of Public Health.
- *Clothes from the airport:* Clothes worn from the airport will be put away in a plastic bag aside and not be worn until washed after self-isolation.
- *Laundry:* Students' clothes must be washed after quarantine only. e.g. If you like to wash your clothes before, talk to your host family as it is advised to wear gloves and mask when handling the clothes and disposable bag and wash hands with soap and water immediately after or if you are in a hotel, coordinate with reception.
- *Face Masks:* Wear a face masks at all times when leaving the room in the HS. e.g. wear a mask from your room to go to the bathroom.
- *Washroom:* Maintain physical distancing and sanitize all surfaces touched before and after using the washroom. e.g. countertops, faucets, light switch, toilet handle, etc.
- *Hand Contact Surfaces with a concentration of germs:* Doorknobs, light switches, house keys, TV remotes, electronic devices (like your phone), and faucet handles must be sanitized whenever touched.
- *Hand Washing etiquette:* 20 second-hand washing must be a common practice when coming in and out specially.
- *Limit the use of Common areas in the household:* Keeping at a minimum, when you go to other areas in the house (backyard, kitchen, living room, etc.) avoid touching any high contact surface (doorknob, light switch, etc.).
- *Smokers:* Notify GEOS in advance if you are a smoker. You CANNOT smoke inside the room under any circumstance.
- *Avoid leaving your room & contact with other people:* We know your room will be where you will be spending most of the time, bring something you like to pass the time. e.g. a book, download before you come movies and music in your laptop, cellphone, hard drive, headphones or earplugs & don't forget chargers, etc.

- *Keep your room tidy and well-ventilated:* Remember your host family will not be entering your room at least for the self-isolation period. Keep your room as clean as possible - no dirty dishes inside, no leftover food, etc. Keep your room well-ventilated and clean – open your window to let the air circulate.
- *Fever and Symptoms at any point of your stay in the Host Family:* Notify GEOS and your host family and immediately call a health care professional or public health authority to discuss your symptoms and travel history, and follow their instructions carefully. You can also use the online self-assessment tool to determine if you need further assessment or testing for COVID-19.
- *Chronic medical conditions disclosure:* I shall disclose with GEOS any chronic medical conditions (e.g. diabetes, lung problems, asthma and immune deficiency). If requested by GEOS I shall provide a medical note stating permission to travel to Canada.
- *After self-isolation 14 days:* For the duration of your stay in Canada, please be mindful of and respect public health directives. e.g. physical distancing, hand washing, etc.
- *Failing to comply any of the above guidelines:* Failure to comply any of the above guidelines may generate penalties to be paid to the host family and disqualify continuing the GEOS Accommodation Program. Also, it may result in finding your own accommodation.

The undersigned acknowledge and agree to the following:

- I agree to complete the health check-in and screening questionnaire daily during the 14-day quarantine period.
- I agree and acknowledge I cannot complete my 14-day quarantine period until I have been tested for COVID-19.
- I understand and agree to all of the measures above.

First Name: _____ Last Name: _____

Email: _____

Phone Number

Area Code: _____

Phone Number: _____

Signature:

Date: _____