

\*Assiniboine Community College has made every attempt to provide accurate information here, as of July 12, 2021. Any information or weblinks could change without Assiniboine's knowledge. We encourage students to check all information important to them before making final decisions.

## Travelling to Manitoba during COVID-19 pandemic

Dear Assiniboine Student,

We are looking forward to having you study at our college soon! The checklists below will help you complete all the required steps to travel and arrive for classes during the pandemic. Click on any colored links for more information.

If you have any questions, please email us directly at [acc2021@assiniboine.net](mailto:acc2021@assiniboine.net). We are here to support you, so you can follow Canada's and Manitoba's public health laws, and you can be safe.

### Before travelling to Manitoba:

- ☐ **Plan to arrive in Manitoba at least 15 days before your program start date**, to allow time for the required minimum 14 day quarantine period. Although some students may be eligible for quarantine exemptions, all students must still have a quarantine plan.

Effective July 5<sup>th</sup>, 2021 the Government of Canada announced new rules for travelers entering Canada. We encourage you to stay up-to-date on how this may impact your arrival into Canada and your requirements for mandatory quarantine as an international student entering Canada. The Government of Canada's website is the authorized source for this information. [Click here](#) for more information.

- ☐ Plan to travel directly to city in Manitoba where you may need to quarantine; if travelling by car, stop only for gas (petrol), "take out" food, or health needs, and avoid contact with other people.
- ☐ Flight plans should allow minimum 1 hour between flights.
- ☐ Self-monitor health; see information about symptoms [here](#). If you have symptoms of COVID-19; contact the public health office in your city/town to ask about testing.
- ☐ Confirm all parts of your [quarantine plan](#) and keep this information in at least two places (one electronic; one paper):
  - ☐ One place to stay for full 14 days, with address and contact name(s), phone numbers(s) and email(s). You must *not* share living space with people who did not travel with you, or have contact with "vulnerable people" who are at higher risk if exposed to COVID-19.
  - ☐ Private transportation to your place of quarantine.
  - ☐ Arrangements to order, receive and pay for supplies (food, medication if needed, other supplies). Deliveries only; you cannot leave place of quarantine to shop or pick up.
  - ☐ Arrangements and payment for cellular phone service and data/wi-fi.
- ☐ **Please** send 1) your flight date(s); 2) your quarantine plan and 3) methods to reach you (phone and email) to [acc2021@assiniboine.net](mailto:acc2021@assiniboine.net). If your travel plans or contact information change, please update us at that email address.
- ☐ Arrange [health insurance](#). College health insurance is valid starting September 1, 2021; arrange insurance for the days before then.
- ☐ Pack these items in your carry-on luggage, so you can use them at airport when needed:
  - ☐ Passport and any other identification. Make a photocopy and/or electronic copy of your passport photo page and keep in a different (but secure) location.
  - ☐ COVID-19 test result(s) and/or vaccine information, if you have these.

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- ☐ Original, official (hard copy) documents of education and language testing. Keep all documents that are difficult to replace in your carry-on luggage.
- ☐ Cellular phone and any laptop/tablet, plus charger(s), ideally including a battery pack.
- ☐ Written quarantine plan including all contact information.
- ☐ Information about health insurance you have purchased.
- ☐ Driver's license, if you have one.
- ☐ Enough required medication for at least 15 days, in original container(s).
- ☐ More than one method to access funds, and proof of adequate funds for stay in Canada.
- ☐ Hand sanitizer and a number of face masks.
- ☐ Gather items for possible quarantine period; pack things most important for your safety and comfort in your carry-on luggage, if possible.

**During (air) travel to Manitoba:**

- ☐ Follow airline and airport direction about wearing a mask, washing hands and/or using hand sanitizer, and staying at least 2 meters away from other people.
- ☐ Touch as few surfaces as possible and wash or sanitize your hands frequently.
- ☐ Avoid touching your mouth, nose and eyes.
- ☐ Avoid alcohol or sleep medication, so your mind is clear.
- ☐ Keep phone charged.

**During 14 day quarantine period in Manitoba**

- ☐ Travel quickly and directly to your place of quarantine. Do not stop anywhere, except for medical, fire or police emergency. Wear a mask or face covering while traveling to your place of quarantine.
- ☐ Stay in your room(s) except for emergency (like a fire, or illness needing medical attention).
- ☐ Avoid contact with other people. If you must leave the room for an emergency, stay at least 2 meters away from other people.
- ☐ Go outside only at place of quarantine (for example, a patio or yard), and alone.
- ☐ Keep your room(s) clean, especially surfaces another person may need to touch.
- ☐ Wash your hands frequently.
- ☐ Contact us at [acc2021@assiniboine.net](mailto:acc2021@assiniboine.net) when you arrive safely in Manitoba. If you have a Canadian or US phone number, please give us that number. Assiniboine International staff will contact you by phone and/or email **every** day during your required 14-day quarantine. You need to respond to **each** contact. **This is a shared legal responsibility—yours and ours.**
- ☐ Self-monitor health by using the screening tool [here](#). More information is [here](#). If you have [symptoms](#) of COVID-19, contact Health Links - Info Sante at 1-888-315-9257 to ask about testing.
- ☐ The government of Manitoba *recommends* that all travelers entering (or returning to) Manitoba be tested for COVID-19 upon arrival, and again 7 days after arrival whether they are displaying symptoms, or not. If you choose to be tested, you must travel directly to and from the testing site (do not stop anywhere), using a method of transportation that limits exposure to other people. Click [here](#) for testing locations.

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After quarantine period:

- ☐ Contact [Assiniboine International](#) if you have any questions or doubts.
- ☐ Be prepared to purchase books/supplies and health insurance for the year.