

MANDATORY QUARANTINE UPON ARRIVAL IN CANADA RELATED TO COVID-19

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada.

If you are exempt from the travel restrictions, you must provide Canada Border Services with a [plan to quarantine](#) for 14 days when you arrive in Canada.

The plan must include:

- A place to stay
- How you will
 - Get to your destination
 - Get items you need for your quarantine, like food and medications
 - Access essential services and medical care

This plan is mandatory, even if you have no symptoms. If you do not have a detailed plan, you should not travel to Canada.

Use the [ArriveCAN](#) mobile app to submit your quarantine plan to officers within 48 hours before your arrival in Canada.

The app helps you to:

- Provide mandatory information that is required for entry into Canada
- Reduce your wait time and points of contact at the border
- Provide the Government of Canada with voluntary updates on your quarantine compliance and the development of any symptoms during the 14 days after arriving in Canada

Upon your arrival in Canada, border services officers will determine if you can enter the country. If you are allowed in Canada, the penalties for not following your quarantine plan once you are in the country can include:

- A fine of up to \$750,000
- 6 months of jail time
- Being found [inadmissible to Canada](#), removed from the country and banned from entering for 1 year

This document is provided for information purposes only. The information from federal or provincial government regarding COVID-19 prevails over the current document.

Main information resources:

- [Document from the government of Canada for the mandatory quarantine](#)
- [How the coronavirus disease \(COVID-19\) is affecting immigration, refugees, citizenship and passport services](#) and [The Government of Canada on the coronavirus disease \(COVID-19\)](#)
- [The Situation of the coronavirus \(COVID-19\) in Quebec by the Government of Quebec](#)

BEFORE YOU TRAVEL

Travel documents

Before travelling to Canada, you must bring the appropriate travel documents. As an international student, you must present:

- A valid **study permit** or a **Letter of Introduction** showing proof that your study permit has been approved
- A quarantine plan
- Your official letter of acceptance

Contact with your vocational training centre

You must contact your training centre **before you arrive in Canada**. Your centre will provide you with a quarantine plan and give you specific information (accommodation, food, transportation) regarding your region to adapt your quarantine plan.

- You must get approval for your quarantine plan from your contact person at the centre before you travel.
- You will not be allowed to go to the centre during your quarantine.

AT THE AIRPORT AND UPON YOUR ARRIVAL IN CANADA

Airport

- At the airport in your home country, air operators will do a health check of passengers. All passengers with COVID-19 symptoms will not be permitted to board the aircraft to Canada.
- At the airport in Canada, your travel documents (study permit, quarantine plan, etc.) and your health will be evaluated before you leave the airport. Any foreign national with COVID-19 symptoms will not be permitted to enter the country.

QUARANTINE PLAN

Each vocational training centre will give you specific information within their region.

Accommodation

Ensure you have a suitable place for at least 14 days. We suggest that you find a place with furniture, windows and/or private balcony, where you can isolate yourself from others. You may not use shared spaces such as lobbies, courtyards, restaurants, gyms or pools at your place of quarantine.

Note that you will not be allowed to transit in Montreal to rest and then go to another region. Your place of quarantine should be the same for 14 days from the date you arrived in Canada.

Transportation

You cannot take public transportation to get to your accommodation. You must go directly to your place of quarantine, without stopping anywhere.

- Take a taxi (Taxi, Uber, etc.) or
- Use a private car
- If your training centre is in another region, contact them to learn about the transportation possibilities
- Avoid contact with others while in transit:
 - Remain in the vehicle as much as possible
 - If you need gas, pay at the pump
 - If you need food, use a drive through
 - If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices

DURING YOUR MANDATORY QUARANTINE (14 DAYS)

Food

Your plan must include how you will get your groceries during your 14-day period while in quarantine.

- The training centre will provide you with a list of groceries stores, pharmacies and any other services offering delivery services near your accommodation.

Communication services (mobile phone/internet)

During your quarantine, you will need means of communication. Ensure you have minimum internet access. If you can continue to use your mobile phone plan (telephone and data) in Canada during your quarantine, it would be best. Afterwards, you can shop for a new mobile phone plan in Quebec.

Health

You must monitor your health for COVID-19 symptoms. If you develop any signs and symptoms, you must isolate yourself and immediately call the public health authority (1-877-644-4545) and follow their instructions.

If you have questions concerning your health status, visit:

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/self-care-guide-covid-19/>