

**Louis Riel School Division
Louis Riel Arts and Technology Centre**

**COVID-19
Travel and Arrival
Protocol for International Students
Fall 2021**

Print and read through this entire *Travel and Arrival Protocol for International Students* document prior to departure and re-read the relevant sections as you make your way to Canada.

Comprehensive details about the Louis Riel School Division's COVID-19 Response Plan can be found at:
<https://www.lrsd.net/leadership/COVID19/Pages/Default.aspx>

**THIS DOCUMENT IS BASED ON INFORMATION CURRENTLY AVAILABLE AND IS SUBJECT TO CHANGE
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Welcome Message

The Louis Riel Arts and Technology Centre (LRATC) in Winnipeg, Manitoba, Canada is ready to welcome international students back for in-person classes. International students traveling to Canada and Manitoba must follow government regulations for the COVID-19 pandemic to keep travelers and communities safe. This document outlines what international students and co-arriving family members must do while traveling and upon arrival in Manitoba to meet these requirements.

LRATC is committed to operating in a way that prioritizes the health and safety of students, staff, host families, and communities. We have based the following guidelines on local, provincial and federal standards and recommendations, including the Government of Canada's Guidance for post-secondary institutions during the COVID-19 pandemic

(<https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/students/approved-dli.html>).

The Manitoba government has established a mechanism to approve this plan to welcome international students to study at LRATC. As such, we have an ongoing dialogue with the Department of Economic Development and Training in order to ensure that the plan continues to meet requirements and to verify our ongoing adherence to federal requirements.

Furthermore, the Manitoba government has implemented a new pandemic response tool that uses the **colours** green, yellow, orange and red. At each level, public health officials have a range of restrictions that could be imposed on different sectors, including at post-secondary institutions. The province will update the provincial response level in response to the spread of the virus and other public health indicators. Information on Manitoba's Pandemic Response System is available at <https://www.gov.mb.ca/covid19/restartmb/prs/system/index.html>

Manitoba Public Health has indicated that the health system capacity and readiness for outbreak response will depend on the number of international students coming to Manitoba and current cases.

Comprehensive details about the Louis Riel School Division's COVID-19 Response Plan can be found at: <https://www.lrsd.net/leadership/COVID19/Pages/Default.aspx>

Print and read through this entire *Travel and Arrival Protocol for International Students Fall 2021* document prior to departure and re-read the relevant sections as you make your way to Canada.

Quarantine Act

The Government of Canada has implemented an Emergency Order under the Quarantine Act that requires persons entering Canada—whether by air, sea or land—to quarantine themselves for 14 days if they are asymptomatic in order to limit the introduction and spread of COVID-19. The 14-day period begins on the day the person enters Canada.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>

<https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist>

It is the law to quarantine for 14 days after arrival in Manitoba.

RCMP and local and provincial police can ticket travellers who break quarantine under the Contraventions Act, or charges can be laid against a traveller for breaking quarantine under the Quarantine Act. Failure to follow quarantine instructions may result in significant financial and/or criminal penalties, including:

- **A fine of up to \$750,000**
- **6 months of jail time**
- **Being found inadmissible, removed from Canada, and banned from entering for 1 year.**

Non-compliance with the 14-day mandatory quarantine under the federal Quarantine Act means that students may be subject to [fines and penalties established by the government of Canada](#) and government of Manitoba, and could result in reporting of quarantine breaches to the Canadian Border Services Agency.

Please note that LRSD staff will do regular check-ins on newly arrived international students. We are required to notify RCMP and / or local police if we become aware that a student is in violation of the quarantine requirements. In addition, LRSD may report incidences of non-compliance to the Public Health Agency of Canada's Compliance and Enforcement Team.

Failure to adhere to all COVID-19 related public health orders will result in the student's removal from the International Student Program and reporting to IRCC.

Manitoba and local public health officials have established public communications protocols for COVID-19 outbreaks (i.e., when to issue public notification and with what level of detail). They will be responsible for notifying the community, and, as needed will work with institutions on any public communication. Any LRSD communication notifying the community of COVID cases will be done following the lead of local and provincial public health officials.

Please note that, starting 11:59 pm (EST) January 6, 2021, the Government of Canada requires air travelers 5 years of age or older to provide proof of a negative COVID-19 molecular test result to the airline prior to boarding international flights bound for Canada. This test result must have been obtained no more than 72 hours before boarding your flight to Canada. Travelers are also required to be re-tested again 8 days after arrival to Canada, even if showing no symptoms.

Exemptions to the 14-day quarantine may apply to fully vaccinated travellers. You will be required to prove your vaccination status both in the ArriveCan App and with official documents. Please see the Government of Canada's COVID-19 entry requirements to ensure that you have met the conditions for exemption: <https://travel.gc.ca/travel-covid>

ALL students and co-arriving immediate family members (vaccinated and non-vaccinated) must have 14-day quarantine plans made in collaboration with LRSD in advance of their arrival to Canada.

General Guidelines

It is the responsibility of parents, guardians, and custodians to ensure that all planning requirements have been fulfilled for mandatory self-quarantine before the student departs for Canada.

- Students must provide proof of a negative COVID-19 molecular test result to the airline prior to boarding international flights bound for Canada. This test result must have been obtained no more than 72 hours before boarding your flight to Canada.
- Enter all vaccination details into the ArriveCan App and bring official vaccine certificates.
- All travel plans and dates for students must be submitted to the International Student Program (ISP) office well in advance of travel to Winnipeg (please submit travel plans to internationalstudent@lrsd.net as soon as possible).
- A copy of the quarantine plan that the student/family will submit to Canada Border Services must also be provided to the ISP office. Even students who expect to be exempt from quarantine must still prepare and submit a quarantine plan.
- Upon arrival in Winnipeg, students will be asked to confirm their arrival by calling the ISP office 204-253-8025 (email: internationalstudent@lrsd.net). DO NOT COME TO THE OFFICE OR LRATC IN PERSON WITHOUT AN APPOINTMENT. ISP staff will arrange for you to receive a Welcome Package during your quarantine period.
- Registration in LRATC will not occur until after the student has completed all mandatory quarantine plans. Registration dates will be scheduled by the ISP office.
- The ISP office will do daily remote physical and mental health and wellness checks, and quarantine compliance checks during the mandatory quarantine period. Students will be asked if they or anyone they are self-isolating with is experiencing any COVID-19 symptoms.
- Scheduling and timetabling of international students may require additional time to comply with distancing and cohort limitations.

Travel Safe

Before You Travel

- 1. Print and read through this entire *Travel and Arrival Protocol for International Students* document prior to departure and re-read the relevant sections as you make your way to Canada.**
- 2. Even if you meet the Government of Canada's requirements for being fully vaccinated, you will need to prepare and submit a quarantine plan in order to gain entry to Canada. ALL students and co-arriving immediate family members (vaccinated and non-vaccinated) must have 14-day quarantine plans made in collaboration with LRSD in advance of their arrival to Canada.**
- 3. If you need help developing your quarantine plan or finding accommodations, please contact the ISP office at: internationalstudent@lrzd.net**
- 4. Confirm the location of your 14-day quarantine accommodations**

Once you've confirmed your long-term housing arrangements, confirm whether you are able to quarantine there for 14 days upon arrival to Canada.

 - In the event you are eligible to move-in upon arrival to Canada, provide your accommodations provider confirmation of your arrival date/time. Confirm with them if they provide transportation from the airport to your accommodations upon arrival to Winnipeg.
 - In the event you are required to quarantine before moving into your permanent accommodations, you will need to arrange for a hotel or other facility to support your 14-day quarantine.
 - In all cases, you must provide the International Student Program (ISP) office with your travel and quarantine plans.
- 5. Determine what services are available by your Manitoba quarantine accommodation provider.**

Ask questions like:

 - What does the cost include, and not include?
 - Can you provide transportation from the airport?
 - Do you provide meal delivery services?
 - If yes, how often and at what cost?
 - If no, are there cooking facilities/refrigerator/microwave? And, how would I get food for cooking?
 - Do you provide bedsheets, towels, dishes and other supplies, including cleaning supplies?
 - Will I have a private room and bathroom?
 - Is wi-fi included and is there a cost?
 - How and where can I do laundry?
 - Is there access to a private area outside (patio/balcony/yard)? If you are a smoker, note that you will NOT be able to legally smoke indoors in any public place (example: a hotel or university residence), and many private homeowners will not allow smoking indoors.

- **Ask anything else that is important for your health, safety and comfort. Write down answers, date of call/email, and name of person who answered.**

6. Book airport pick-up services

To safely get from the airport to where you are quarantining, students are advised to avoid using public transit (i.e. the bus). It is recommended to use a private vehicle and remain inside the vehicle without making unnecessary stops. If you need gas, use 'pay at the pump' service. If you need food, go through a drive-thru, ensuring you maintain a two-metre distance and avoid paying with cash. Do not stop for supplies or groceries. If you do not have access to a private vehicle, taxis or hotel shuttles can be considered, provided they follow all requirements as outlined under the advice for vehicles for hire and their passengers. (<https://www.gov.mb.ca/covid19/restoring/transportation.html>)

Manitoba Public Health indicates that **only one student can be in a hotel shuttle / private vehicle from the airport to the quarantine location. Furthermore, international students must quarantine alone.** The only exception is if the students have co-arriving immediate family members who resided together before departure.

If your accommodation provider does not provide airport pickup services, it is recommended you pre-book transportation services. Some possible options are listed below. In all cases, you will be required to wear a mask on your way to your quarantine location.

- Winnipeg Limousine
Website: <http://www.winnipeglimousine.com>
Phone: 1-204-981-4100
- Hollywood Limousine Service
Website: <https://www.hollywoodlimoservice.com>
Phone: 1-204-999-1860

If you use a private driver, please note that drivers should do the following:

- Screen all passengers for symptoms of COVID-19 or exposures prior to entering the vehicle. Passengers experiencing symptoms of a respiratory illness (e.g., cough, fever, sore throat, runny nose) that do not have access to a private vehicle, are advised to call Health Links - Info Santé to assist with developing a plan to get to a health facility.
- Ensure they self-monitor for symptoms before starting their shift.
- Consult Transport Canada's guidelines when considering a physical barrier between the driver and passengers. As an alternative to installing a physical barrier, leave the front passenger seat and the seat immediately behind the driver unoccupied.
- **Transport one fare at a time (e.g. people from the same household).**
- Clean hands before pick-up with an alcohol-based hand sanitizer.
- **Open the vehicle windows** (weather permitting) and use the vents of the vehicle to bring in fresh air from outside (avoid using the recirculated air option of the vehicle).
- Encourage passengers to use an alcohol-based hand sanitizer before entering the vehicle, and ask passengers to avoid touching the interior of the vehicle as much as possible.
- Limit contact with passengers by:
 - a) Requiring passengers to load and unload their personal belongings into the trunk of the

vehicle (e.g., suitcases, briefcases) by themselves; if this is not feasible and passengers require assistance, use an alcohol-based hand sanitizer before/after (un)loading passengers' personal belongings.

b) Requiring passengers to sit in the back seats only (if transporting one passenger, have them sit in the back, passenger side of the vehicle). The front passenger seat should be vacant at all times.

c) Should a passenger require assistance getting in/out of the vehicle and/or with their seatbelts, limit the interaction to be as brief as possible, and use an alcohol-based hand sanitizer before/after assisting the passenger.

- Encourage cashless transactions.
- **Clean and disinfect your vehicle** after you drop off each fare with an alcohol (70 per cent) wipe, paying close attention to surfaces that are touched frequently (e.g., door handles, window controls, payment device).
- **Clean your hands** after you drop off each fare with an alcohol-based hand sanitizer. You should also clean your hands before and after you eat as well as after you cough or sneeze.
- Provide a closed bin, lined with a plastic bag (i.e., plastic-lined garbage container) to enable the hygienic disposal of waste (e.g., used tissues).
- Everyone in the vehicle should avoid touching their face, practice good cough etiquette, avoid touching high-touch areas and clean their hands before and after getting in the vehicle.

7. Arrange to take a COVID-19 molecular test in your country of departure within 72 hours *before* your scheduled flight departure or arrival at a land border. You will need to show this result to the airline before boarding a flight to Canada and again at the Canadian airport (or land border). See [this link](#) for accepted types of tests and test result requirements.

8. Understand your responsibilities as a traveler entering Canada, including requirements for testing before departure, and testing/quarantine upon arrival:

Read the information located on the Government of Canada's website (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>) Click on the links below; this website lists important information about requirements for travel, arrival, and quarantine, including:

- A "Flying to Canada requirements checklist" [here](#).
- A "Driving to Canada requirements checklist" [here](#).
- Required COVID-19 testing [here](#), or [here](#).
- Guidance about quarantine [here](#). You must:
 - go directly to your place of quarantine, without stopping anywhere, and stay there for the full required number of days. (Exceptions: medical, fire or police emergency.)
 - do not go to school, work, other public areas or another person's home
 - monitor your health for symptoms of COVID-19
 - arrange to have someone pick up or deliver essentials like groceries or medication for you
 - do not have visitors
 - if you go outside for fresh air, stay in a private place like your yard or balcony
 - keep a distance of at least 2 arm's lengths (approximately 2 metres) from others. If this is not possible because of an emergency, wear a mask that covers your nose and mouth.

9. Pack appropriately for your 14-day quarantine

Pack things you will need for your travel as well as for your 14-day quarantine period upon arrival.

Aside from the usual items you would pack, such as clothing and toiletries, some suggested items to help you through travel to Canada and quarantine include:

- Prescription medication
- Face masks
- Thermometer
- Printed copies of documents, including those listed in the During Travel section of this guide
- Laptop, phone, and chargers to keep connected with your family and friends while self-isolating
- Activities for quarantine, such as books and games
- A credit card is recommended to ensure you can purchase delivery services when needed

10. Download the ArriveCAN app to your mobile phone and enter your travel information, quarantine plan and contact information up to 48 hours before arriving in Canada.

- This will speed up your arrival through Canada Immigration at the port of entry, meaning you will spend less time with border and health officers.
- You will **also** need to use the ArriveCan app to
 - Submit your COVID-19 vaccination records
 - complete COVID-19 symptom self-assessments *every day* of your quarantine
- Download the most recent version from here: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>
- Read about entry to Canada [here](#) and watch these two videos: [entry to Canada](#) and [isolation requirements](#).

<https://apps.apple.com/us/app/canarrive/id1505394667?mt=8> – Apple

<https://play.google.com/store/apps/details?id=ca.gc.cbsa.coronavirus> - Android

<https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca/privacy> - Web Format

Please note that, the Government of Canada requires air travelers 5 years of age or older to provide proof of a negative COVID-19 molecular test result to the airline prior to boarding international flights bound for Canada. This test result must have been obtained no more than 72 hours before boarding your flight to Canada.

You **must**:

- submit your information before you board your flight to Canada
- be ready to show your ArriveCAN receipt when seeking entry into Canada - a border services officer will verify that you have submitted your information digitally

During Travel

1. Carry these important documents with you in your carry-on bag

- Passport
- Study Permit or Study Permit Approval Letter
- Letter of Acceptance and Custodianship document (if applicable)
- Transcripts for the past three years
- Copy of this document, signed by you (and your parent(s) / guardian(s) if applicable)
- Your quarantine plan (as submitted to the ISP office)
- Proof of Negative PCR test result
- Official COVID-19 vaccination certificates to document vaccine status.
- Proof of health insurance/insurance information (All LRSD students have GuardMe Health Insurance coverage)
- Medical records and essential medication
- Emergency contact information: names, address, emails and phone numbers of accommodation and travel provider, and the school's international office. (ISP Staff Member: Tim MacKay 204-257-7827 ext. 58284)
- Credit cards and other methods to access funds

2. Comply with the following regulations

- Wear a mask and gloves;
- Wash hands frequently;
- Use hand sanitizer when necessary;
- Practice physical distancing (minimum 2 metres from others);
- Sanitize your personal space and high touch areas;
- Minimize trips to the washroom (Flush the toilet with the seat cover down);
- Touch as few surfaces as possible;
- Keep your cell phone charged
- You must continue to monitor your health for
 - Fever
 - Cough
 - Difficulty breathing

3. If you exhibit symptoms during travel (cough, shortness of breath, fever greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating), contact your travel agent and airline as soon as possible. They will guide you on requirements based on your current location. Be sure to alert your family, accommodation provider, and LRATC if there are any delays in your travel plans to Canada.

Please refer to the [Symptoms of COVID-19](#) for additional symptoms common to COVID-19.

Upon Arrival

- Read information about entry to Canada and about COVID-19 at: <https://travel.gc.ca/travel-covid>
- Be prepared to follow airline and airport directions about wearing a mask/face covering, washing/sanitizing your hands, staying 2 metres apart from other people, or other actions.
- Answer every question from airline, airport or border staff **completely and truthfully**. It is okay to ask someone to repeat a question or explain it in a different way if you do not understand.
- Travel directly to your place of quarantine. Do not stop anywhere. Wear a mask or face covering while traveling to your place of quarantine
- Contact the International Office by email or phone to tell them you have arrived (204-253-8025 or internationalstudent@lrsd.net). Be sure to give the office your most up to date contact information (email address, postal address, phone number).
- Please continue to check these websites for the most up to date information:
 - Government of Manitoba COVID-19 information [here](#).
 - Government of Canada COVID-19 information [here](#).

For travellers without symptoms of COVID-19 entering Canada: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>

For travellers with symptoms of COVID-19 entering Canada: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/travellers-with-symptoms-return-canada.html>

To help reduce the spread of COVID-19:

- Go directly to your place of isolation. Do not make any stops while in transit. Wear a mask or face covering while traveling to your place of isolation
 - Check-in immediately upon arrival through the [ArriveCAN](#) app or call 1-833-641-0343.
 - Report your symptoms through the [ArriveCAN](#) app or call 1-833-641-0343 every day until the end of your 14-day quarantine.
- It is advised that you download the daily symptom tracker <https://ca.thrive.health/>
- **ALL students and co-arriving immediate family members (vaccinated and non-vaccinated) must have 14-day quarantine plans made in collaboration with LRSD in advance of their arrival to Canada.**
 - **CAUTION:** Students must be aware of and disregard all messaging on social media platforms saying that they should cancel their quarantine bookings because it is possible to quarantine for free at designated quarantine facilities. **This information is false and misleading.**
 - On arrival in Canada, international students and co-arriving immediate family members are required to provide, on request, evidence of COVID-19 vaccination and the original version of that evidence to any official of the Government of Canada, including a public health official, or of the government of a province or to the local public

health authority of the place where the traveller is located. This is how local public health authorities will verify the vaccination status of international students and their co-arriving immediate family members.

- On arrival in Canada, international students and co-arriving immediate family members who meet the requirements to be exempt from the mandatory 14-day quarantine period will receive a turquoise handout. The handout is not personalized. It is the student's responsibility to meet the requirements of the federal public health and quarantine requirements outlined in the handout.
- All arriving international students and co-arriving immediate family members must be prepared to quarantine, even if they believe they will be exempt from the requirement.
- Even if they are vaccinated, Government of Canada officials may not provide a turquoise handout (an exemption) if they believe the individual needs to quarantine. Reasons a Government of Canada official may deny a vaccinated individual an exemption may include, but are not limited to, their assessment that the individual:
 - Did not receive last vaccine dose at least 14-days prior to entering Canada
 - Does not present the required documents (including properly translated foreign credentials)
 - Does not meet all of the criteria for an exemption
 - Has tested positive for COVID-19 at the border
- International students must consult with LRSD to ensure they understand and meet the criteria for quarantine exemption.
- On arrival in Manitoba, international students and co-arriving immediate family members are obligated to isolate if symptomatic or when they have a positive COVID-19 test result on Day 1 or 8.
- Students who test positive while in quarantine must remain in isolation for 14 days from the date the sample was taken, and which has been validated by the test provider at their DLI's prescribed Suitable Place of Isolation. Institutions with pre-approved quarantine facilities are responsible for ensuring that students have transportation from the Government Authorized Accommodation, and are able to remain at the facility until the end of their isolation period.
- All international students and co-arriving immediate family members are expected to have the financial means to support themselves for the full 14-day quarantine period, including the 3-night stay at Government Authorized Accommodations, and any extended period of isolation should they test positive for COVID-19.

Requirements for all travellers after they've entered Canada:

All travellers, whether they travel by air, land or sea, must provide information after their entry into Canada.

You **must** use ArriveCAN or call 1-833-641-0343 to:

- confirm that you've arrived at the address you provided for your quarantine location within 48 hours of your entry into Canada
- complete daily COVID-19 symptom self-assessments during your quarantine period

- **In addition, unvaccinated international travelers are to be re-tested for COVID again 8 days after arrival to Winnipeg, even if showing no symptoms.**
- You can make an appointment at a testing center [here](https://www.gov.mb.ca/covid19/testing/locations.html): <https://www.gov.mb.ca/covid19/testing/locations.html>. After your test you must continue quarantine until you receive test results. If the test result is positive, Manitoba Public Health officials will contact you. You will be required to follow all guidance and requirements from Public Health. This may include self-isolating *longer than* the original 14-day quarantine period.
- You can arrange a ride to the testing services through Health Links here: <https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>

Comprehensive details about the Louis Riel School Division's COVID-19 Response Plan can be found at:
<https://www.lrsd.net/leadership/COVID19/Pages/Default.aspx>

Quarantine Safe

Prior to arrival, you confirmed your accommodations, including your location for 14 days of quarantine. Please also refer to the *Shared Health Manitoba COVID-19 public health fact sheet* and *self-isolation fact sheets* (available in multiple languages) located at <https://sharedhealthmb.ca/covid19/updates/resources.html> to assist you in being prepared and knowledgeable in requirements for quarantine and to link you to essential services.

Read the information located on the Government of Canada's website (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>)

- This website lists important information about requirements for mandatory quarantine upon arrival including:
 - You must quarantine in a place where you will have no contact with vulnerable people, such as:
 - people 65 years or older, or
 - people with underlying medical conditions
 - You will need to confirm you have a suitable place to isolate where you will have access to basic necessities, such as food and medication.
 - You must wear a non-medical mask or face covering while traveling to the place you will quarantine.
 - Further, you must:
 - go directly to your place of quarantine, without stopping anywhere, and stay there for 14 days
 - do not go to school, work or other public areas and community settings
 - monitor your health for symptoms of COVID-19
 - arrange to have someone pick up essentials like groceries or medication for you
 - do not have visitors
 - stay in a private place like your yard or balcony if you go outside for fresh air
 - keep a distance of at least 2 arms lengths (approximately 2 metres) from others

You will be required to self-monitor for symptoms of COVID-19 during the entire quarantine period. If you experience any symptoms of Covid-19 during the quarantine period, you must follow the directives of the Province of Manitoba.

- The Screening Tool is available in Interactive Voice Response (IVR) format. Call 1-877-308-9038 or online at <https://sharedhealthmb.ca/covid19/screening-tool/>.
- You can also use the screening tool provided in the [ArriveCAN application](#).
- The Province of Manitoba offers a service called Health Links – Info Santé, is a bilingual phone-based nursing triage service. They can give you advice on what health-care path should be followed in your specific situation, whether you should stay home, visit the emergency room, or follow another medical plan. They can be contacted at 204-788-8200 or toll-free at 1-888-315-9257.
- If you become ill during your quarantine period, make an appointment at a testing center [here](#): <https://www.gov.mb.ca/covid19/testing/locations.html>. After your test you must continue quarantine until you receive test results. If the test result is positive, Manitoba Public Health officials will contact you. You will be required to follow all guidance and requirements from Public Health. This may include self-isolating *longer than* the original 14-day quarantine period.
- You can arrange a ride to the testing services through Health Links here: <https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>
- Any additional costs related to testing positive for Covid-19 and/or requiring a longer quarantine are the responsibility of the student/parents.

A student that is quarantining alone and who tests positive for COVID-19 during the 14-day quarantine period will need to self-isolate, unless they require medical attention and/or hospitalization. Please refer to your GuardMe Health Insurance policy for eligible expenses. Any student or co-arriving immediate family member that tests positive can expect to be contacted by Manitoba public health officials and will be required to follow all further measures as set out by the public health official, which may include self-isolating beyond the initial 14-day quarantine period.

If a student tests positive for COVID-19 while quarantining with an immediate family member(s), the student will be separated from the family member(s) and will need to self-isolate. The family member(s) will need to move to another guestroom and will be monitored for symptoms of COVID-19 during wellness check-ins by LRSD International Student Program staff.

Family member(s) who had been quarantining with a student that tests positive for COVID-19 should expect to be contacted by Manitoba public health officials and will be considered a close contact to this case, and may need to continue to quarantine beyond the 14-day quarantine period.

If a co-arriving immediate family member tests positive for COVID-19 while quarantining with a student, the family member(s) will be separated from the student and need to self-isolate, likely beyond the family member(s) initial 14-day quarantine period. The student will need to move into another guestroom, and will be monitored for symptoms of COVID-19 during wellness check-ins by one of the LRSD International Student Program staff. The student should expect to be contacted by Manitoba public health officials and will be considered a close contact to the case, and may need to continue to quarantine beyond the initial 14-day quarantine period.

Any and all unexpected guestroom and meal costs due to the student or family member(s) testing positive for COVID-19 will be the student's responsibility. GuardMe and LRSD are not responsible for these costs.

Staff from the LRSD International Student Program staff will do **daily remote physical and mental health and wellness checks**, and quarantine compliance checks during the mandatory quarantine period. Students will be asked if they or anyone they are in quarantine with is experiencing any COVID-19 symptoms. They will remind you to use the self-assessment using the [Manitoba self-screening tool](#) and the [ArriveCAN application](#).

If you need assistance with obtaining food, groceries and other necessities during your quarantine, please call the International Student Program Office at 204-253-8025. Our staff can assist you in obtaining necessities, including directing you to order and delivery services available in Winnipeg. In emergencies, we may be able to provide direct assistance.

Quarantine can be difficult for some students, especially those who are energized by interactions with others. It is important that you take care of yourself during this time of isolation and to keep connected with your friends and family using other methods, such as FaceTime and Zoom. Here are a few useful tips to get you through the two-week period:

- **Develop a support network.** Form an online chat group with close friends; stay in contact with your family and reach out to your school advisors and instructors by email. The more people you know at your educational institution, the more connected you'll feel!
- **Be active.** Exercise is important for your mental outlook and helps ward off depression. Take a break from your quarantine boredom and exercise on a regular basis. There are many online home workouts that are useful when quarantining!
- **Eat well.** Choose a wide variety of healthy, nutritious foods. Eat regularly to keep up your energy and portions that help you feel and perform your best.
- **Get enough sleep.** Sleep is vital to your mental well-being. Go to bed at a reasonable hour and wake up at roughly the same time every day. Jet lag may be a challenge for you as part of your adjustment to your move to Canada, so it might be useful to download meditation or sleep apps that help you develop a regular sleep schedule.
- **Seek professional help.** You're not alone and there are many people who can help. Our team will undertake daily wellness checks with you during your quarantine period. It is important that you share your feelings and let them know if you are struggling in any way. Don't just rely on the advice of friends. Sometimes you need more and we're here to support you.
- **Take a break from watching or reading the news.** Get your news from reliable sources and try not to watch the same stressful stories over and over in the same day. Try not end your day by watching the news before bed.

Staff from the LRSD International Student Program staff will do **daily remote physical and mental health and wellness checks**, and quarantine compliance checks during the mandatory quarantine period. Students will be asked if they or anyone they are in quarantine with is experiencing any COVID-19 symptoms. They will remind you to use the self-assessment using the [Manitoba self-screening tool](#) and the [ArriveCAN application](#).

If you need assistance with obtaining food, groceries and other necessities during your quarantine, please call the International Student Program Office at 204-253-8025. Our staff can assist you in obtaining necessities, including directing you to order and delivery services available in Winnipeg. In emergencies, we may be able to provide direct assistance.

LRSD-LRATC QUARANTINE PLAN

Student Information

First name	Last name	Date of birth (YY/MM/DD)	
Phone number	Email		
Home address	City	Province or territory	Postal code

Contact Information in Winnipeg

Street address (long term)	City	Postal Code
Phone number (cell)	Phone Number (other)	Email
Emergency Contact Name	Phone Number	Email

Travel Information *(send ticket to internationalstudent@lrsd.net before departure)*

Are there additional travelers in your group? Yes <input type="checkbox"/> No <input type="checkbox"/> If Yes <input checked="" type="checkbox"/> Please fill in chart to the right		Additional Travelers <i>(please list all additional travelers)</i>		
Arrival Date (YY/MM/DD)	Arrival From (City/Country)	First name	Last name	Date of birth (YY/MM/DD)
Arrival by Air <input type="checkbox"/> Airline / Flight number:				
In-Transit Details:				

Quarantine Plan

Do you have accommodation arrangements for your quarantine period? Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, at what address(es) will you be completing the mandatory quarantine period? Approved Hotel Name: _____ Address: _____ City: _____ Phone: _____
Indicate type: <input type="checkbox"/> Private Residence (Family or Friend) <input type="checkbox"/> Hotel Stay at:
Have you made the necessary arrangements for your 14-day quarantine period? (eg. food, medication, etc) Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, please describe _____ _____ _____
What form of transportation will you take to your quarantine location? Private vehicle <input type="checkbox"/> Hired vehicle <input type="checkbox"/> (name: _____) Details (be specific) _____

Certify Declaration

Return completed and signed document to: internationalstudent@lrsd.net	
<input type="checkbox"/> I, _____, certify this to be accurate. (Student Signature)	Date: _____ (YY-MM-DD)
<input type="checkbox"/> I, _____, certify this to be accurate. (Parent Signature – if student under 18 years old)	Date: _____ (YY-MM-DD)

Complete the plan above and sign on the following page.

Declaration

We, the undersigned, have read, understand and agree to abide by all clauses as stated in the 'Manitoba Travel and Arrival Protocol for International Students'.

Signature of Student Applicant

Date

Signature of Parent / Guardian (if student is under age 18)

Date

Send a completed copy of this plan to: internationalstudent@lrsd.net

Study Safe

After Your Quarantine

After your 14-day quarantine has passed, if you have no symptoms, you may now contact the ISP office to plan your entry to LRATC.

Continue to follow and respect Manitoba Health regulations and directives, including physical distancing from other people in public and washing or sanitizing your hands often.

Remember to use proper coughing and sneezing etiquette (into your elbow, not your hand and if using a tissue, dispose of the tissue in a plastic lined garbage container immediately).

Avoid malls, crowded spaces, and sports where physical distancing is difficult.

If you feel sick at any time, stay at home and be sure to advise the ISP office immediately. Use the self-assessment tool at <https://ca.thrive.health/>. Follow directions and seek medical attention or contact public health authorities if, when, and how it recommends.

Don't forget, your health insurance (GuardMe) offers remote access to doctors as well as mental health support services if you need them.

Vaccinations

- The Manitoba government will administer the vaccine to non-Manitoba residents who have been isolating in Manitoba for at least 14-days, and who will remain in Manitoba for a further 16-days minimum, resulting in a total stay of no less than 30-days. Non-residents must meet the minimum age requirement for each vaccine as listed in the eligibility criteria found here: <https://www.gov.mb.ca/covid19/vaccine/eligibility-criteria.html>.
- Temporary residents, including international students and their co-arriving immediate family members, must provide proof of date of entry to Manitoba, as well as documentation to support the reason and anticipated length of their stay (e.g., student visa, work visa, immigration documents).
- International students and their co-arriving immediate family members:
 - do not require a Manitoba health card to be vaccinated. All Manitoba supersites are open and offering walk-in and appointment-based vaccinations, with adjusted clinic hours. For hours and days of operation, visit <https://www.gov.mb.ca/covid19/vaccine/finder.html>. International students and their co-arriving immediate family members may walk-in at these locations for vaccination, provided that they are eligible and bring all required documentation.

Please note that appointments cannot be made online without a health card. International students who wish to book an appointment in advance are to telephone **1-844-626-8222** to do so. Individuals should call for an appointment as soon as possible upon arrival in Manitoba. They must indicate on the call that they are an international student or, if they are a co-arriving immediate family member, they should indicate they are newly arrived to Canada.

- must complete the required consent form prior to their appointment, and bring it with them. Please note that certain areas of the form will not apply to non-residents, and should be left blank. The consent form is available at: [COVID-19 Vaccine Consent Form \(manitoba.ca\)](#).
 - Immunization staff will collect alternate information as required, during the appointment.
 - must present a valid Passport ID when attending their vaccination appointment.
 - are eligible to receive a second dose in Manitoba if their first dose was in their home country. Upon arrival, they should contact a local public health office to have their first dose recorded. Healthcare professionals will advise them as to their vaccination schedule in Manitoba. Students will require a proof of vaccination document from their public health office or equivalent in their home country. Note: If their first dose was a vaccine not approved in Canada, healthcare professionals will also advise them as to their vaccination schedule in Manitoba. For a list of public health offices visit: <https://www.gov.mb.ca/health/publichealth/offices>
- More information on vaccines is available at <https://www.protectmb.ca>.

Immunization Cards and Records

- At this time, an immunization card is only available for people with a Manitoba health card. However, individuals who have received vaccination in Manitoba can contact local public health offices to receive an official immunization record.
- Current information on immunization cards and immunization records is provided at: <https://www.gov.mb.ca/covid19/vaccine/immunization-record.html>
- For a list of local public health offices visit: <https://www.gov.mb.ca/health/publichealth/offices.html>

COVID-19 Testing

- It is important to go for testing as soon as a person starts to feel unwell, even if only mildly ill. Identifying and isolating positive cases, as well as identifying and isolating any close contacts as quickly as possible is important for reducing the transmission of COVID-19 in communities.
- For information on symptoms, testing, location of testing sites, and accessing results, visit: <https://www.gov.mb.ca/covid19/>

Questions or Concerns Related to COVID-19

- Please visit <https://www.gov.mb.ca/covid19/> or call Health Links–Info Santé in Winnipeg at 204-788-8200; toll free elsewhere in Manitoba 1-888-315-9257.

Supporting Documents & Links

Government Websites

- Province of Manitoba COVID-19 Page - <https://www.gov.mb.ca/covid19/index.html>
- Government of Canada COVID-19 Page – <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Mental Health Support Websites

- Anxiety Disorders Association of Manitoba - <http://www.adam.mb.ca/>
- Canadian Mental Health Association COVID-19 Managing Stress and Anxiety - <https://mbwpg.cmha.ca/covid-19-managing-stress-and-anxiety/>
- Canadian Mental Health Association COVID-19 Mental Health Resources Guide for Winnipeg - <https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>
- Centre for Addiction and Mental Health: Stress, Anxiety, and Mental Health During Social Distance - <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Province of Manitoba Mental Health Virtual Therapy Program - <https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

Emergency Contact Details

- In the event of an emergency, including medical emergency, call 911.
- To speak to a nurse over the phone to assess a non-emergency medical situation, contact Health Links / Info Santé – 204-788-8200 or toll-free at 1-888-315-9257
- For crisis support, consider the following options:
 - Klinik Crisis Line: 204-786-8686
 - Mobile Crisis Service: 204-940-1781
 - Manitoba Suicide Prevention/Support Line: 1-877-435-7170
 - First Nations and Inuit Hope for Wellness Services: 1-855-242-3310
 - Sexual Assault Crisis Line: 1-888-292-7565

If you require assistance from the ISP support team, please phone (204) 253-8025, or email us at: internationalstudent@lrsd.net

Comprehensive details about the Louis Riel School Division’s COVID-19 Response Plan can be found at: <https://www.lrsd.net/leadership/COVID19/Pages/Default.aspx>

Daily Health Assessment

All staff, students, and visitors to LRATC are required to take a health self-assessment before entering the facility. The self-assessment questionnaire can be found here:

<https://sharedhealthmb.ca/covid19/screening-tool/>. Please take the self-assessment at home.

If you respond “yes” to any of the questions, we ask that you **stay at home**, as you will not be admitted into the building. If you are experiencing any covid-19 symptoms or have come in contact with someone who has, please call Health Links at 204-788-8200 or 1-888-315-9257 (toll-free).

Please also notify the school if you are unable to attend by phoning (204) 237-8951.

Arriving at LRATC:

When you arrive at LRATC, please wait outside of the building. You will see lines on the ground to show you how to distance yourself 2 metres apart. Entry is scheduled on a staggered basis to reduce student numbers and excessive lineups at the door.

When you first enter LRATC, you will need to wash or sanitize your hands, and confirm that you have completed the daily self-screening checklist. If any covid-19 symptoms are present, students or staff will not be admitted in the building, and will be advised to contact MB Health Links.

Daily attendance will be taken of staff, students and visitors which can be provided, if necessary, to health authorities for the purpose of contact tracing.

Physical distancing

Classrooms have been arranged in such a way that students do not directly face one another, and desks are placed to ensure physical distancing is possible. Do not move the desks. Your teachers will walk you through the specific protocol for your program area, including hygiene, cleaning, distancing, etc.

Each classroom will have an assigned washroom. Students should only leave the classroom one at a time to use the washroom. Please be mindful of other students and keep the washroom and toilet seat clean and tidy. All students must wash their hands with soap for at least 20 seconds after using the washroom.

LRATC reserves the right to dismiss/expel any students who are not following protocols.

Students are welcome to stay in their class during breaks or go outside. If you stay in the class, please remain in your seat. If you plan to go outside, you will need to re-enter at the front door, and are required to sanitize your hands again.

Students are asked to bring a filled water bottle from home. Sorry for the inconvenience.

Exiting the building

Students are asked to leave the school once their classes are dismissed. If students would like to visit after class, we kindly ask that they do so outside of the building and continue to social distance.

Sanitization

Strict protocols on cleaning and disinfecting premises and other aspects of environmental health will be observed, using hard-surface disinfectants as approved by the Public Health Agency of Canada.

Public spaces and communal areas shall be cleaned and disinfected multiple times per day, with emphasis on high touch surfaces such as front desk, door handles, handrails, light switches, tables, etc.

Washrooms will be cleaned and disinfected daily, with more frequent cleaning of high-touch washroom surfaces (e.g. flush handles, faucets.) throughout the day.

Student hygiene

Student orientation will include training on required hand washing, cough/sneeze hygiene, and other COVID-related information. Students will be advised to wash hands or use hand sanitizer: upon arrival; before eating or drinking; before preparing food; after touching shared items; after using the washroom; after handling garbage; and before leaving the school. Hand sanitizer will be available in each classroom.

Signage on proper hand-washing technique is posted in all restrooms. Signage on cough/sneeze etiquette is displayed in all classrooms and common spaces.

Any employee cleaning any common areas/high-touch surfaces must wash their hands with soap and hot water, per recommended hand washing instructions after completing the cleaning task and prior to performing any other duties.

Personal protective equipment

Students and staff are required to wear masks when social distancing is not possible.

Protecting mental health

Recognizing that staff and students may also be affected by the anxiety and uncertainty created by the COVID-19 outbreak, we will maintain regular communication and wellness check-ins with students and staff who are required to quarantine or self-isolate. You are welcome to contact LRATC by phone (204) 237-8951, or the ISP office at (204) 253-8025 or by email at internationalstudent@lrsd.net any time throughout your program.

We also encourage you to talk to somebody if you need help:

Klinik Counselling in Winnipeg:
204-786-8686
1-888-322-3019

Anxiety Disorders of Manitoba:
204-925-0040

Manitoba Mental Health - Virtual Therapy Program:
<http://www.manitoba.ca/covid19/bewell/virtualtherapy.html>

Public Health Agency of Canada: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html>

Wellness Together Canada: Mental Health and Substance Use Support:
<https://ca.portal.gs/>

Support Services

The school does not tolerate any form of harassment, violence, stigmatism, or racism directed towards students or staff. This applies to any situations surrounding COVID-19. Please report any incidents to our office so that we can help you. Any misconduct will be investigated thoroughly.

Resources related to stigma and anti-racism:

- **WHO:** <https://www.who.int/docs/default-source/coronaviruse/covid19-stigma-guide.pdf>
- *Public Health Agency of Canada:*
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-testing-reducing-stigma.html>
<https://www.canada.ca/en/public-health/corporate/publications/chief-public-health-officer-reports->

[state-public-health-canada/addressing-stigma-toward-more-inclusive-health-system.html](https://www2.gov.bc.ca/gov2/health/communicable_diseases/state-public-health-canada/addressing-stigma-toward-more-inclusive-health-system.html)

- *Canadian Center for Occupational Health and Safety:*

https://www.ccohs.ca/images/products/pandemiccovid19/pdf/preventing_stigma.pdf

As a student at the Louis Riel Arts and Technology Centre, you have access to a range of supports. In addition to wellness and mental health supports provided through your GuardMe policy, LRATC has a Student Services department which can provide academic support and can work with the LRSD clinical services team to direct you to additional counselling supports.

You may also contact the International Student Program Office at 204-253-8025 for assistance with accessing counselling and health supports.

Don't forget, your GuardMe health insurance offers remote access to doctors as well as mental health support services if you need them.

Health System Capacity for Outbreak Response

Manitoba Public Health officials are responsible for overall public health outbreak responses and case management in Manitoba. The Manitoba government has implemented a new pandemic response tool that uses the colours green, yellow, orange and red. At each level, public health officials have a range of restrictions that could be imposed on different sectors, including at post-secondary institutions.

The province will update the provincial response level in response to the spread of the virus and other public health indicators. Information on Manitoba's Pandemic Response System is available at <https://www.gov.mb.ca/covid19/restartmb/prs/system/index.html>

Case Management and Outbreak Response

To help prepare students and staff about what to do if a case of COVID-19 is identified on school premises, LRSD will adhere to the following guidelines:

- If a community member (student/staff) becomes symptomatic:
 - They should seek medical advice and information about COVID-19 testing.
 - They must complete the self-screening tool from Shared Health and / or call Health Links-Info Santé in Winnipeg at 204-788-8667, toll-free elsewhere in Manitoba at 1-888-315-9257.
 - If individuals are experiencing severe symptoms or difficulty breathing, they should call 911.
 - Based on test results, local public health officials will advise the individual what actions

should be taken. For example, if COVID-19 test results are negative, they may be advised to self-isolate for 14 days, or until symptoms have resolved for 24 hours.

- When a case of COVID-19 is confirmed, local public health officials will lead the response and provide direction to the school.
- The local public health authority will advise the institution if a confirmed case of COVID-19 was present on campus during the person in question's infectious period, and assess the need for the institution or part of the institution to be closed for a period of time, and provide any other further direction.
- Local public health authorities will identify close contacts of a positive case and contact those individuals who may have been exposed.
- Institutions may be advised to close off areas used by an infected person and not use these areas until after cleaning and disinfecting is completed

Supporting Documents and Links

Government Websites

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