

QUARANTINE PLAN

POLYTECHNIQUE
MONTRÉAL

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Polytechnique Montréal offers students this model quarantine plan, which will help you arrange your mandatory quarantine upon arrival in Montréal. Simply print and complete this quarantine plan, and present it to the Canada Border Services Agent upon arrival.


Please also refer to the [Polytechnique Montréal website that refers to international students and arrival in Canada](#) in order to learn more about:


- Who can come to Canada;
- Aspects to consider if you decide to come to Canada at this time for your studies;
- Pre-flight recommendations before heading to Canada;
- Arranging your arrival in Montréal (including addresses of quarantine hotels who have agreements with Polytechnique Montréal);
- Looking for accommodations;
- Documents to be transmitted to Polytechnique Montréal;
- Useful information related to COVID-19 symptoms.

WHAT IS QUARANTINE?

A quarantine means that anyone arriving in Canada must be **completely isolated from others for a minimum period of 14 days, starting from the time they land at the airport.**

Please refer to these two official guides for more information:

 [Government of Canada Guide](#)

 [Government of Québec Guide](#)

Why is Polytechnique Montreal telling me about quarantines?

Every individual entering Canada will be asked questions by a Screening Agent, a Quarantine Agent or other public health official, and must demonstrate that they have **a feasible 14-day quarantine plan, even if they have no symptoms.**

What are the immediate consequences if I do not have a quarantine plan to present upon arrival, or if my plan is not complete?

Travellers who do not present a satisfactory quarantine plan may be subject to quarantine at a facility designated by the Chief Public Health Officer of Canada, and/or may be refused entry into Canada.

What are the consequences if I do not respect my quarantine plan?

Maximum penalties include a fine of up to \$750,000 and/or imprisonment for six months.

In addition, failure to comply with Canadian laws constitutes a violation of your immigration obligations, and could result in your removal from Canada as well as a ban on Canadian territory.



QUARANTINE OBLIGATIONS – REMINDER

Below is a list of mandatory quarantine obligations and conditions.

- You **must stay in your quarantine location**.
- You **must not travel to the university, nor visit any public place**.
- You **must not go to stores, nor go to grocery (food) stores**.
- You **must not go outside**.
- You **must not have any guests or visitors in your quarantine location**.

- You **must respect hygiene measures**:
 - a) Cough and sneeze into your elbow;
 - b) Wash your hands often;
 - c) Wear a mask in common areas, if you are in shared accommodations;
 - d) Do not share personal items.
- You **must monitor your health** for COVID-19 [symptoms](#)¹. If symptoms develop, you must immediately self-isolate and contact public health authorities at 1-877-644-4545, and follow their directions.



I commit to respecting the conditions of mandatory quarantine

¹ <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>



ARRIVAL IN CANADA

ArriveCAN



Upon arrival in Canada, **it is mandatory to declare where you will stay**. The Government of Canada recommends you download the [ArriveCAN](#) application in order to more easily provide this data. It is also possible to transmit this information 48 hours prior to your arrival in Canada. The ArriveCAN application enables you to:

- Provide required information to enter Canada;
- Avoid line-ups and reduce contact at the border;
- Transmit voluntary updates about your mandatory 14-day quarantine compliance, as well as the appearance of any COVID-19 symptoms to the Government of Canada following your arrival².



AIRPORT TO QUARANTINE LOCATION TRANSPORTATION

You **should not take public transportation** to get to your quarantine location, and you should not stop anywhere on the way to your quarantine location. You will also **need to wear a mask or face covering** when travelling to your quarantine location.

What mode of transport will you take upon arrival in Montréal?

- Taxi (taxi, Uber, EVA, etc.)
- Private vehicle – Specify:

Check the following to indicate that you have read, understood, and agree to the following:

- I will not take public transportation (bus, train or metro).
- I will not stop anywhere when travelling from the airport to my quarantine location.

² <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>



From abroad, you must reserve your quarantine location for a minimum period of 14 days. Plan for the possibility of extending your stay in the event that you develop COVID-19 symptoms, or in the event that you require more time to find more permanent accommodations.

→ ACCOMMODATIONS SELECTION:

What accommodations have you chosen for your quarantine?

HOTEL

Hotel name:

Address:

TEMPORARY RENTAL ACCOMMODATIONS

Address:

OTHER

(accommodations with friends/family)

Relation to the individual with whom you are staying:

Address:

How will you self-isolate at this location, in order to meet quarantine requirements?

→ INDIVIDUALS PRESENTS IN THE QUARANTINE LOCATION:



You should not quarantine in a location where you will be in contact with vulnerable people (i.e. persons aged 65 and over, and/or with underlying health problems).

Of the situations listed below, which best describes and/or applies to you?

- I will be alone in my quarantine location.
- I will be in the presence of individuals who are not considered vulnerable (aged under 65, and who do not have underlying health issues).
- I will be isolated in a single room, and will respect the instructions below:
 - I will be alone in my room in the quarantine location as much as possible.
 - Eat and sleep alone in the room of my quarantine location.
 - Avoid contact with others in the quarantine location as much as possible. I will keep a distance of at least 2 metres between myself and others. I will cover my nose and mouth if I have to get closer than 2 meters.
 - I will air-out my quarantine location and/or room often by opening a window (weather permitting).

→ BATHROOMS IN YOUR QUARANTINE LOCATION:



If you are going to live with other non-vulnerable individuals during your quarantine, Health Canada recommends you use a private bathroom, if possible, or take measures to have the bathroom you use disinfected, after each use.

- I will use a private bathroom.
- I will share bathroom facilities, and I have taken measures to have the bathroom disinfected after my use.



FOOD AND BASIC NECESSITIES



During your quarantine, you will not be allowed to leave your quarantine location.

Due to delays in online food delivery, we advise you to plan your first delivery by friends / family / acquaintances / grocery stores or other delivery services, in order to have some supplies and food readily available for the first few days.

Check the bullet-point below that best describes your quarantine location food situation:

- I have ordered food online before arriving, and my quarantine location has the necessary equipment to prepare meals.
- Food will be delivered to me by friends / family / acquaintances / grocery stores or other delivery services, and my quarantine location has the necessary equipment to prepare meals.
- I have all required personal hygiene products for the next 14 days.



CREDIT CARDS



Online stores only use payment by credit card. You must have in your possession a valid credit card upon arrival to Canada; this will enable you to make purchases during your quarantine.

Visa and MasterCard are the most frequently used credit cards, so ensure you have at least one of these cards (issued by your bank). Credit cards can also be used to pay for your quarantine location

reservations and for your travel from the airport to your quarantine location.

Do you have a valid Visa or MasterCard to pay for various quarantine-related expenses (online purchases, accommodations, transportation from the airport to your quarantine location, etc.)?

- Yes
- No



USEFUL ADDRESSES – HOTEL + HOME DELIVERY

HOTEL

For quarantine

Polytechnique Montréal has an agreement with the **Hotel Management International** (HMI) company, who can facilitate your reservations at four hotels that have the necessary quarantine facilities (at your expense). [Click here](#) or more information (Section 4.2 – Hotels for quarantine).

Please note that Polytechnique Montréal assumes no responsibility for the services provided by HMI and offers no guarantee as to the quality of the participating hotels.



Below is a non-exhaustive list of some stores and services that offer delivery.

GROCERIES

**IGA • METRO • PROVIGO • MAXI
WALMART • PANIERS LUFA
CORNERSHOP**

“READY-TO-EAT”

Restaurants deliveries

**SKIPTHEDISHES
DOORDASH • UBER EATS**

PHARMACIES

**JEAN COUTU
PHARMAPRIX**

“READY-TO-COOK”

Meal box / meal kit delivery

GOODFOOD • COOK IT

This quarantine plan was created to provide you with general information about procedures and methods currently in practice, that may change without notice. Please refer to the Immigration, Refugees, and Citizenship Canada³ (IRCC) and **Public Health Agency of Canada**⁴ websites to obtain the most up-to-date information. Polytechnique Montréal is not responsible for any entry refusals, decided upon by competent Canadian authorities in charge of travel. It is your responsibility to verify the rules, guidelines, and measures currently in place prior to arriving in Canada.

³ <https://www.canada.ca/en/immigration-refugees-citizenship.html>

⁴ <https://www.canada.ca/en/public-health.html>