

# What To Consider When Creating Your **QUARANTINE PLAN**



## Step 1: Confirm your Eligibility for Travel

- I meet the eligibility criteria to enter Canada. (Click for [here](#) details.)
- I am asymptomatic (i.e. I do not have any symptoms)
- I meet all other entry requirements, including entering information in ArriveCAN before arrival. (Click [here](#) for details.)

## Step 2: Acknowledge Your Responsibilities

- I understand that by choosing to create my own plan that it is my sole responsibility to demonstrate to CBSA that my plan is considered suitable by the Government of Canada
- I understand that I am responsible for providing sufficient proof
- I understand that I will be personally liable if my plan is not accepted by CBSA
- I understand that the Arrival Team cannot confirm or guarantee that my independent plan will be considered suitable
- I understand that it is my responsibility to choose a location and conduct myself in a manner that does not endanger others. (Click [here](#) for more details.)

## Step 3: Check the Requirements for Quarantine Plans

- My Plan covers at least 14 days.
- I can isolate in my quarantine until I receive a negative test result on all applicable tests
- I have chosen a location that has a private entrance, bathroom and kitchen facilities that will not be shared with anyone that didn't travel with me
- My accommodation is in the province of Ontario

### **PROOF IS NEEDED**

- Proof of access: Booking confirmation, or letter from friend/family
- Proof of suitability: Pictures and descriptions of the accommodation
- Proof of Financial: Bank statements showing enough funds
- Proof of access to necessities: Evidence that you have access to food and water without contact with others
- Proof that I understand: Demonstrate a knowledge of quarantine procedures and penalties (click [here](#) for details.)
- Proof of Transportation: You have access to a ride from the airport

## Step 4: Complete the Preparation Process

- I have checked that my plan is considered suitable by the Government of Canada. (Click [here](#) for details.)
- I have uploaded my Quarantine Plan to the **Non-Vaccinated Travellers Form** and uploaded my vaccination proof
- I have reviewed all relevant pages on the Government of Canada [webpage](#) and will monitor it for updates
- I have reviewed and understood the [Quarantine Readiness Plan](#) that I must follow
- I have a suitable quarantine plan and uploaded it's details to [ArriveCan](#) before my flight

## Step 5: Once in Canada

- I will follow all instructions to quarantine and complete tests provided by CBSA
- I will travel directly to my Quarantine Accommodation
- I will not leave quarantine until I have completed all tests as required and the specified length of time
- Use ArriveCAN or call 1-833-641-0343 to confirm that I have arrived at my quarantine location and to complete all daily self assessments
- I will isolate myself from others if I experience COVID-19 symptoms and call the COVID-19 hotline (1-866-797-0000 and 1-833-784-4397) and follow the instructions given

### Contact

Algoma University Arrival Team: [arrival@algomau.ca](mailto:arrival@algomau.ca)  
For COVID-19 Test kit support: Switch Health: [contact@switchhealth.ca](mailto:contact@switchhealth.ca)