

Self-Quarantine

As part of the Quarantine Act, you are required to self-quarantine for 14 days. This means that you must stay in your homestay home for 14 days and avoid contact with others.

After arriving in Canada, Government of Canada officials will call you and/or your homestay family to monitor compliance with the mandatory quarantine. You and your homestay family must be prepared to answer calls from 1-855-906-5585 or 613-221-3100.

These instructions and protocols may seem overwhelming. Please ask your homestay family or Homestay Coordinator for assistance.

Your homestay family will provide you with food, clean linens every couple of days, a comfortable room and access to them via text, Facetime and other remote communication. Our staff will check on you frequently as well.

As you will not have had a chance to get a Canadian cell plan yet, please make sure you are connected to wifi in your house and able to communicate with us and your homestay family through an app like Facetime, WeChat or What's App. As well, please check your email as our staff will be sending you links to various chat groups and activities through email.

Student Responsibilities 14 Day Quarantine

- The purpose of quarantine is to ensure that, in the unlikely case you have been in contact with COVID-19 in your travels or pre-departure, your homestay family and the greater community is not put in contact with it as well
- Therefore, it is VITAL that you maintain 2m physical distancing with your homestay family members and avoid all contact with non-family members. Stay in your own room as much as possible and away from others.
- Please give at least 15 disposable masks and the box of gloves to your homestay upon arrival in your host family house (put these in a plastic ziplock bag and leave outside of your room door).

Keep your room well-ventilated and clean

- Open your window to let the air circulate.
- It is important to get fresh air and to make sure your room stays clean and fresh.
- Make sure that you have a window open so air can circulate adequately. If you find your room too hot, please let your homestay family know so they can provide you with a fan.

Practice good hygiene

- Wash your hands frequently with plain soap and water for at least 20 seconds.
- Use paper towels to dry your hands and dispose of them in the garbage can in the bathroom. When you shower, take your towel back to your room with you.
- Cover your mouth and nose with your elbow when coughing or sneezing or use a tissue. Avoid coughing into either your hands or into the air. Dispose of used tissues right away into a trash bin and immediately wash your hands.
- Shower once per day and brush your teeth twice a day.
- Use a separate bathroom whenever possible
- Your homestay family will provide you cleaning supplies and some instructions on cleaning your washroom. You are to clean your washroom thoroughly once per day.
- Please put all toilet paper in the toilet and flush the toilet with the lid down.
- If you are sharing a washroom, make sure you remove all your belongings after each use (towels, toothbrush, brush, etc.) and clean the bathroom thoroughly after each use.

Stay connected

- Text, and use Facetime or other apps to stay in frequent contact with your homestay family
- Ensure your cell phone is charged and you are connected to wifi (homestay will leave wifi password in your room)
- Regularly check your emails
- If someone emails or contacts you, please respond immediately
- Make sure you are participating in online communication with our staff as instructed

Monitor your physical and mental well-being

- Complete the health self-monitoring form that will be in your room. This needs to be done daily.
- Contact your homestay family immediately if you are not feeling well, you notice a change to your 'baseline' health or if you are feeling sad and lonely
- Reach out to our staff any time you want to talk
- Try to establish a 'routine' as quickly as possible. For example, do not stay up all night and sleep all day!
- Exercise and have some outdoor time in the yard for fresh air and health

Package up your garbage daily

- Your homestay family will provide plastic garbage bags for you
- Once a day, put on a pair of gloves, ensure that all of your garbage is placed in a bag, securely tie the bag and place it outside of your room for disposal.

Laundry

- Immediately upon arrival at your homestay, remove your travel clothes and place them in a plastic bag. Put on gloves and securely tie the bag and place it outside of your room.
- Your homestay family will provide you with a laundry hamper line with a plastic bag. Every three days place your sheets and towels and other laundry in the plastic bag. Wearing gloves, tie up the plastic bag and leave it outside your room. Your homestay family will bring you clean sheets and towels and your clean clothes to fold and put away. Please do not wear anything delicate as your clothes need to be washed in hot water.

Be creative

- Find unique ways to communicate with and interact with your homestay family – watch movies together virtually, eat dinner together virtually, play games online
- Try to spend more time communicating with your Canadian family – spending too much time communicating with your family and friends back home can make you feel more isolated and lonely
- If you are new to us, we will provide you with a buddy to communicate with
- Watch for activities and chat groups hosted by our program

Food Preparation

- Your homestay family will drop off breakfast in the morning and dinner in the evening at your door. They will contact you when your food is there. If your homestay family works, they may drop off a bagged lunch for you to eat as well. There will be snacks and water in your room for you to consume when needed.
- Please communicate with your homestay family about amount of food or any food issues.
- When finished eating, place your used dishes, etc and any uneaten food outside your door and let your host family know it is there.
- Do not share dishes, drinking glasses, cups or utensils with anyone else in the family

These instructions and protocols might seem overwhelming, but they are in place to remind you to be careful with your contact with others during the 14-day quarantine. This is for your personal health and safety and that of our schools, host families and community.

If you need to talk or need any help, please reach out to any of our staff.

Please remember that Self-Quarantine is a requirement of the Quarantine Act and not optional.

Students who are in private homestays or here with their parents must also self-quarantine for 14 days.