

## During your Trip.....

### Wear a Mask

- Wear a mask in the airport at all times.
- Wash hands frequently and avoid touching your face
- If you are unable to wash your hands regularly at the airport or during your flight, please use hand-sanitizer, especially if you touch anything on the plane and before you eat.
- Practice Social Distancing
- Be aware of your surroundings
- Avoid busy areas of the airport
- Avoid unnecessary movement within the airport – go to your gate and stay in one place
- Avoid restaurants and food kiosks

### Sanitize your personal space and high touch areas

- Before sitting down on the airplane, wipe down your seat area, including armrests, seatbelt buckle, eating tray, touch screens and remote controls, etc. with a good quality disinfecting wipe.

### Minimize trips to the washroom

- Of course, use the washroom as needed, but avoid moving around the plane if not necessary. When using the washroom make sure to flush the toilet with the seat down and wash your hands thoroughly afterwards. Avoid opening the door with your bare hand after washing your hands.

### Touch as few surfaces as possible

- Keep your hands to yourself
- Avoid touching surfaces in the airport. When that is unavoidable (checking in, going through security, etc.) thoroughly wash your hands immediately after.

### Keep your cell phone charged

- You will need your cell phone to contact your homestay family or the person who is picking you up when you arrive. Please make sure that it is charged throughout the flight.
- If you are using your phone throughout the flight to watch movies or play games, please wipe it down with a disinfecting wipe frequently.

### Food & Drink

- Bring some food with you as the restaurants or stores may not be open and flights may not be serving food. Make sure it is food that you will be allowed to take on the flight. Check with your airline.
- Bring a refillable water bottle with you

### Arrival in Canada

- If you need help at the airport go to the Information desk or look for volunteers who can help you.
- When you arrive, please dispose of the mask worn during your flight, thoroughly wash your hands and put on a new mask
- Once you have left the plane, immediately text your homestay to let them know you have arrived and that you are off the plane. Text them again when you have picked up your luggage
- Avoid touching surfaces in the airport, and when you do, immediately wash your hands
- You will keep your mask on until you arrive in your homestay or place where you will be living
- Students should proceed through the airport while maintaining physical distancing (2m away from other people).
- Proceed through immigration. Don't rush - take your time and keep plenty of space between you and others.
- Students must have the documents outlined under 'Packing' ready to provide to Canada Border Services. Students will be required to undergo a screening by a border services or quarantine officer to assess travellers for symptoms.
- Be prepared to explain your self-isolation plan as you will be assessed. Have printouts or screenshots of your plans and documents
- Have your contact phone numbers (your number, your homestay family, our program)
- Know the name and address of your host family (bring your homestay profile)
- Bring any documents provided to you by the school district
- Know the name of the person who is picking you up
- If you are a new student who has a study permit approval letter, **PLEASE MAKE SURE YOU PICK UP YOUR STUDY PERMIT BEFORE GETTING YOUR LUGGAGE.** If you are unsure what to do, ask!
- Exit the baggage area and find your way to your connecting flight to Comox or Nanaimo. Text your homestay family or the person who is picking you up while you are waiting for your domestic flight to Comox or to Nanaimo
- When you land in Comox or Nanaimo, text your host family to let them know you have arrived
- Your homestay or a pick-up service will be standing outside the airport in Comox or Nanaimo
- If you cannot find your homestay family or pick-up service, phone/text them, or phone/text one of the numbers on your arrival information sheet
- Load your own luggage into the car and sit as far away from the driver as possible – you must wear your mask during the drive home
- Although your homestay family will be excited to greet you, for health reasons we are asking that only one household member is there to pick you up. They will not be able to hug you or shake your hand. Do not take offense!