



## RETURNING UNIVERSITY STUDENTS

Whether it's your first year in Nova Scotia or you are a returning student – welcome! The COVID-19 pandemic means campuses and communities will look different this year. Here are a few things that will help you save time while protecting yourself, your friends and your community.



### NOVA SCOTIA SAFE CHECK-IN FORM

**All students coming to Nova Scotia from outside Atlantic Canada must complete the Nova Scotia Safe Check-in online form before arriving.**

Once students submit the form, they will receive an email with next steps to take as required under the public health order.

*Note: Emails may go to a junk mail folder.*

To access the Nova Scotia Safe Check-in form, visit: [novascotia.ca/coronavirus/travel](https://novascotia.ca/coronavirus/travel)



### REQUIRED 14 DAY SELF-ISOLATION

**All students coming to Nova Scotia from outside Atlantic Canada must self-isolate for 14 days when they arrive.**

This means students must go straight to their destination in Nova Scotia and stay there for 14 days. No visitors are allowed during this time. Rules may vary, depending on living situations:

- If staying in a house, students can go outside but cannot leave the property.
- If staying in an apartment, students cannot leave the apartment – they can go on a private balcony if there is one.
- If staying in a residence room, students must follow their institution's rules.
- If students are sharing accommodations with other people, they must self-isolate away from them and use a separate room and bathroom if possible. Clean shared spaces (like kitchens) and high-touch surfaces frequently and don't share personal items (like electronics, towels or clothing). Anyone who does not need to self-isolate should monitor their health closely.

Students who are self-isolating off campus should arrange to have groceries and essential items delivered to them. Students self-isolating on campus will have these items delivered to their room.

### COMPLIANCE CHECKS AND ENFORCEMENT

While students are self-isolating, they will also need to complete a digital check in each day of their isolation period. After students have completed the Nova Scotia Safe Check-in form prior to entering the province, they will be registered to receive email links to complete the daily check-in. Students will simply need to click the link and answer the questions in the online daily check-in. If students don't check in daily, the university or college will be notified, and they'll try to help them comply with the check in.

***Note: Parents/guardians travelling with students must also self-isolate while they are in Nova Scotia.***

For more information on self-isolation, visit: [novascotia.ca/coronavirus/when-to-seek-help](https://novascotia.ca/coronavirus/when-to-seek-help)



### REQUIRED COVID-19 TESTING

**All students entering Nova Scotia from outside Atlantic Canada must get tested for COVID-19 during their self-isolation period.**

After students complete the Nova Scotia Safe Check-in form, they will receive an email from the Nova Scotia Health Authority (NSHA) about their COVID-19 test appointments and the location for them. Please refer to NSHA's handout for more information on test appointments and results.

If students do not receive an email from NSHA with their testing appointments, they can contact their institution for help with getting appointments.

# Safely Forward

## Public Health Measures for everyone



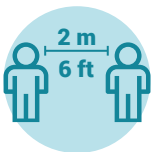
- Stay informed and follow public health advice.

Visit: [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus) and follow

**@NSGov** on social:   



- Wash your hands often, avoid touching your face, and practise cough and sneeze etiquette



- Maintain physical distancing while in public



- Stay home and away from others if you feel unwell



- Wear a non-medical mask when you are out in public. Masks are mandatory in most indoor public places and on transit in Nova Scotia



- Avoid large gatherings, crowded spaces and close contact settings

# Traveling to Canada and Quarantine Planning

## Table of Contents

Information you need about Travelling to Canada.....	4
Restrictions and Self-Isolation Plan.....	4
Government of Canada – Laws and Regulations.....	4
Nova Scotia Government – Laws and Regulations.....	4
Timing of Travel to Canada .....	4
Students moving into MSVU Residence.....	5
Student planning to live off-campus.....	5
Safe Travel, Arrival and Quarantine Tips.....	5
Prepare for 14 days of isolation.....	5
Pack your carry-on.....	5
In transit.....	6
Arrival in Canada.....	6
During quarantine.....	6
Preparation Checklist.....	7
Food.....	10
Resources and Contacts.....	10
Links to reliable sources.....	11

## Information you need about travelling to Canada

The information in this document is considered to be true and accurate at the date of publication. (7/31/2020)

### Restrictions and Self-Isolation Plan

This guide is for all current and incoming MSVU international students who are outside Canada and planning to travel to Canada for MSVU's fall term.

Due to the COVID-19 pandemic, restrictions that limit travel to Canada are in place. Additionally, all travelers are required to self-isolate for 14 days upon arrival in Canada and must present a quarantine plan to Canada Border Services Agency. Failure to provide this quarantine plan at the border may result in being denied entry into the country. And in certain situations, government authorities may also fine travelers for non-compliance.

All MSVU international students planning to travel to Canada must clearly understand Government of Canada and Government of Nova Scotia laws and regulations, which are subject to change, before making travel plans. Please consult government websites for the most up-to-date information.

### Government of Canada—Laws and Regulations

- Before you make any travel plans, it is extremely important for you to know if you are permitted to travel to Canada. For detailed information on who can enter the country, visit [Coronavirus disease \(COVID-19\): Visitors, foreign workers and students](#)
- On March 25, 2020, the Government of Canada implemented a self-isolation requirement for returning international travelers under the *Quarantine Act*. For details, visit [Coronavirus disease \(COVID-19\): Travel restrictions, exemptions and advice](#)
- The Government of Canada has restrictions on optional and discretionary international travel. For details, visit [Non-optional and non-discretionary travel: COVID-19 program delivery](#).

**If you feel that your travel to Canada is essential based on the criteria listed by IRCC, contact [international@msvu.ca](mailto:international@msvu.ca) to explain why your travel is essential. The MSVU International Education Centre will write a letter in support that may be helpful to you at the Port of Entry.**

### Nova Scotia Government—Laws and Regulations

- The Province of Nova Scotia, under the authority of the *Health Protection Act*, requires visitors entering Nova Scotia from outside Atlantic Canada to [self-isolate for 14 days – even if they do not have COVID-19 symptoms](#).
- Every adult (18 or older) from outside Atlantic Canada must also complete a [self-declaration form - Tracking Travelers to Nova Scotia](#) before entering the province.
- Public health inspectors are on-site, at the Halifax Stanfield International Airport.

### Timing of Travel to Canada

If you arrive too early in Canada, your travel could be considered optional and discretionary travel; therefore, you might not be able to enter the country. This means you must time your arrival in a way that makes sense. We recommend the following:

### Students moving into MSVU Residence:

Your Quarantine period **MUST** be completed by the residence move-in day (September 6<sup>th</sup>). This means you **MUST** begin quarantine by August 23<sup>rd</sup>. Please arrive no sooner than August 16<sup>th</sup>.

### Students planning to live off-campus accommodations:

MSVU's fall term begins **September 9, 2020**. We recommend that international students who meet the criteria to travel to Canada should plan to arrive in Nova Scotia by **September 6, 2020**.

This gives you a few days to adjust and get settled into the time zone and your quarantine space for when classes start. It also means that you will be able to follow your courses while in quarantine.

If you are staying at a temporary place (i.e. airBnB, hotel, etc) make the necessary arrangements to stay longer if you are still looking for off-campus accommodations.

## Safe Travel, Arrival and Quarantine Tips

### Prepare for 14 days of isolation

- Make a plan for your physical and emotional wellness during quarantine, including any books, games, fitness equipment/apps, etc., you wish to have with you.

### Pack your carry-on bag

Make sure you have the following in your carry-on bag:

- ✓ at least 10 disposable masks or 2 reusable masks;
- ✓ travel-sized hand sanitizer (100ml maximum);
- ✓ and a thermometer

**Documents you need to enter Canada.** You will be required to present these to the Canada Border Services Agency (CBSA) Officer when going through Canadian customs and immigration. Make sure to have the following in your carry-on bag:

- Passport
- Study permit or Letter of Introduction
- MSVU Official Letter of Acceptance
- Support letter from MSVU confirming the essential nature of your travel (email [international@msvu.ca](mailto:international@msvu.ca) if needed)
- Print-out of your signed Quarantine Plan
- Booking confirmation for your travel from the airport to your quarantine location
- Booking confirmation for your planned quarantine location
- Confirmation of your early arrival insurance (if arriving before September 1<sup>st</sup>)

## In transit

While in transit to the airport, in airports and during flights:

- Wear a mask
- Wash/sanitize hands frequently
- Practice physical distancing (minimum 2 metres or 6 feet 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

## Arrival in Canada

- Wear a fresh mask and gloves
- Proceed through immigration and baggage pick-up while maintaining physical distancing
- Present appropriate documentation to the Canada Border Services Agency
- Move as quickly as possible through the baggage area and do not enter any stores in the airport unless necessary (i.e. food, medication, and hygiene products)
- Meet your taxi driver at the agreed pick-up location
- Obey the protocol put in place by the taxi company and sit as far away from the driver as possible
- Follow all instructions for COVID-19 safe check-in at your quarantine site

## During quarantine

As per the [Government of Canada's Quarantine Act](#), you are required to quarantine for 14 days immediately upon arrival in Canada. **You must stay alone in your own room**, for 14 days and avoid contact with others.

This means:

- Do not leave your quarantine room unless there is a medical emergency
- The MSVU Student Leader, Bernard Besong, will conduct virtual daily check-ins to see how you are doing and if there is anything that you need
- Keep your room well-ventilated and clean – open your window to let the air circulate
- Practice good hygiene
- Wash your hands frequently with soap and water for at least 20 seconds
- Cover your mouth and nose with your elbow when coughing or sneezing – or use a tissue
- Dispose of used tissues right away, into a trash bin, and immediately wash your hands
- Avoid coughing into either your hands or into the air
- Flush the toilet with the lid down
- Package up your garbage – empty garbage frequently and wash your hands immediately
- To have your clothes washed, refer to the COVID-19 laundry policy at your quarantine site
- Stay connected with friends and family via text, email, Facetime, etc.

## Preparation Checklist

1. Obtain a Letter from MSVU that supports the essential nature of your travel. Please email [international@msvu.ca](mailto:international@msvu.ca) to identify if one of the following exemptions applies to you:
  - a. You have a place of residence in Halifax that you had established before you left the country (you must be able to document this).
  - b. You cannot study your courses online due to the complications caused by your time zone.
  - c. You cannot study your courses online due to poor/inconsistent internet connection.

2. Make your Quarantine Plan. Choose:

- a. MSVU Quarantine Plan (Required for all students going into residence, is still an option to you even if you are going to live in residence).

OR

- b. Personal Quarantine Plan (This option is only open to returning students).

If you are a returning student, you may decide to create your own quarantine plan. Note that this option is not available to those moving into residence on campus. You must choose MSVU Quarantine Plan if you plan to live in residence on campus.

Complete the form for your quarantine choice. The form will require you to:

- ✓ Book your quarantine location
- ✓ Book your transportation from the airport
- ✓ Buy your pre-arrival insurance

Email your completed form and supporting documentation to [international@msvu.ca](mailto:international@msvu.ca) for review. The form will be signed by the IEC when the details are approved. If the advisor has any concerns, they will contact you for clarifications as needed.

3. Complete the **NOVA SCOTIA** requirements:

To enter Nova Scotia, everyone must complete this form in advance so that provincial government officials can confirm that you are following the law. You must show proof on an electronic device at the border that you have completed and submitted the form.

- a. Fill out the [Self-declaration form - Tracking Travelers to Nova Scotia online](#) before traveling to the province.

**NOTE:** Leave this question blank. “When do you plan to leave Nova Scotia?”

4. Complete the **GOVERNMENT OF CANADA** requirements:

- a. Download the [Arrive CAN](#) app in order to submit your quarantine plan to the Government of Canada within a 48 hours window before arriving in Canada.

**NOTE:** When you see the question: “*Is your travel exempt?*” you must answer **NO**.

Use this mobile app to speed up your arrival process in Canada and spend less time with border and public health officers. (If you have problems with the app, you can also use the web platform).

The app helps you to:

- provide mandatory information that is required for entry into Canada
- avoid lineups and reduce points of contact at the border
- provide updates on your quarantine compliance and the development of any symptoms during the 14 days after arriving in Canada



## Food:

Your quarantine plan must articulate how you will get food.

Unless you will be provided with meals at your quarantine location, you may order food from restaurants, or have groceries delivered (this assumes you have a private kitchen). Three large grocery stores carry a wide variety of food and health care products. Credit cards are required to purchase food online.

- [Atlantic Superstore](#)
- [Sobeys](#)
- [Walmart](#)

There are many options in Halifax for take-out restaurant meals and delivery services.

- [Discover Halifax](#) lists Halifax restaurants that are currently open.
- [Tourism Nova Scotia](#) lists stores and companies that are currently open for business.
- Food delivery providers in Halifax:
  - [Skip the Dishes](#)
  - [Door Dash](#)

## Resources and Contacts:

- **MSVU International Student Leader:** Bernard Besong ([Bernard.besong@msvu.ca](mailto:Bernard.besong@msvu.ca))  
Bernard will check in virtually see answer any questions, connect you with any resources, and to support you in connecting with other international students.
- **MSVU International Advisor :** Kay Balite ([kay.balite@msvu.ca](mailto:kay.balite@msvu.ca))  
Kay will be working with Bernard to ensure you are well supported during quarantine. She will meet with you by virtual appointment and may hold webinars on frequent questions or issues that are arising. In case of emergency, you may call her mobile : 902-471-8548
- **MSVU Registered Nurse:** Maxine Brewer ([maxine.brewer@msvu.ca](mailto:maxine.brewer@msvu.ca))  
If you are using the MSVU Quarantine Plan, our Registered Nurse, Maxine Brewer will check in with you weekly (in person with appropriate PPE) to discuss how you are feeling, any symptoms, and any health concerns you may be having.

## Links to Reliable Sources

It is extremely important to seek information from reliable sources. The following websites are reliable sources of information:

- [MSVU response to COVID-19](#)
- [MSVU International Student COVID-19: FAQ](#)
- [World Health Organization](#)
- [Government of Nova Scotia](#)
- [Self-declaration form - Tracking Travelers to Nova Scotia](#)
- [Nova Scotia Health Authority](#)
- [How to self-isolate for 14 days](#)
- [IRCC COVID-19 update](#)
- [Public Health Agency of Canada](#)
- [How COVID-19 is affecting immigration, refugees, citizenship and passport services](#)