Post-Arrival International Student Quarantine Checklist

(International students who have arrived in Kingston and are beginning their 14-day quarantine)

The following checklist is to help international students develop their safe 14-day quarantine plan. This list is based on current Government of Canada information and may be subject to change without notice. **PLEASE NOTE:** Any student considering travelling to Canada to study at Queen’s within the next few months MUST contact the university, well before departure, to discuss travel plans and quarantine requirements. Once you arrive, wherever you are quarantining, there will be specific and mandatory health and safety requirements to follow, including getting tested for COVID-19, disclosing test results to the university, and connecting with staff at various points during the 14-day quarantine period.

### After arriving in Canada

- I will go **directly to my place of quarantine without delay and stayed there for 14 days from the date I arrived in Canada**, except to seek medical attention.
  - **Click here** for full quarantine instructions.
  - I wore a mask while in transit to Kingston, practiced physical distancing and used private transportation to reach my place of quarantine, if possible.
  - I followed my 14-day quarantine plan (had groceries/necessities delivered to me, etc.)

- I checked in within 48 hours of my arrival through the **ArriveCan app**

- I monitored my health for fever, cough and difficulty breathing and reported my symptoms through the **ArriveCan app** every day until the end of my 14-day quarantine.

- I had booked my test for COVID-19.
  - Testing must take place on the 10th day of the 14-day quarantine (or a window of day 10-12 to mitigate potential backlogs).
  - There is a Queen’s satellite COVID-19 assessment centre in the Rose Event Commons Room in Mitchell Hall (just down from Student Wellness Services).
    - Students can book an appointment by calling 613-533-2506.
    - The hours of operation for the COVID-19 satellite are 5-8pm Monday to Friday.
    - Please wear a mask and bring your health card information.

- I had a wellness check-in with QUIC
  - A QUIC International Student Advisor will contact you to arrange this check-in

- I prioritized self-care
  - **Connect with the QUIC World Link** social program, and take advantage of the **Student Wellness Services resources** that are accessible to you remotely.

- I connected with the Queen’s Community.
  - Attend a virtual program or event. **Click here** to view upcoming events at QUIC, **email QUIC** for general inquiries and **click here** to view volunteer opportunities at QUIC.