

Self-Isolation Checklist

The government of Canada has put in place an emergency quarantine order to slow the spread of COVID-19. This order applies to all travellers entering Canada. If you fail to comply with this order, the maximum penalties can include a fine of up to \$750,000 and/or imprisonment for 6 months.

When you arrive in Canada, you must have

- An isolation plan which must be submitted on the ArriveCan mobile app. You can download the app [here](#).
- Printed confirmation of a ride to pick you up at Pearson International Airport and drop you off at your isolation residence. This could include being picked up by family or friends, a taxi or ride share, or an airport shuttle. If you would like to book a shuttle through Fleming College, please complete the following [form](#).
- A printed-out address of where you will be staying for 14 days to provide to the immigration officer.
- A phone number which you can be reached at during your 14-day isolation. Public health officials may phone you at this number.
- A place to self-isolate for 14 days (a private residence with friends, a private residence with family, a hotel, etc). If you are staying at a hotel, print a copy of the reservation booking along with your arrival and check out dates. If you do not have a place to isolate, please contact us at international@flemingcollege.ca. **Subject line: Assistance with isolation needed**
- Confirmation that you will not isolate at a place where you will have contact with vulnerable people, such as people over 65 years of age or people with underlying medical conditions.

Requirements for 14-day isolation

- Stay at your place of isolation for 14 days.
- Do not leave your place of isolation, except to seek medical attention.
- Do not use public transportation.
- Do not have visitors.
- Do not go to school, work, or any other place of business.
- Arrange for the necessities of life (food, medication) to be delivered to the place of isolation. This could include a grocery delivery company, Walmart delivery, a restaurant, or drug store delivery.
- Follow [public health guidelines about how to isolate](#).

Essential Document Checklist for Travel

Carry the below documents with you and be prepared to show them to the Immigration Officer. Make photocopies of these documents to leave at home with family or friends.

- Valid Passport
- Valid Canadian Temporary Resident Visa if Applicable
- Letter of Introduction issued by the Canadian Visa Office. You will submit this letter to the Canadian Immigration Officer to obtain your Study Permit.
- Letter of Acceptance from Fleming College
- Proof of funds (GIC, money transfer, bank statement, letter of credit)