

## Quarantine Plan

Name:
Date of Birth:
Passport No.:
College: Georgian College, One Georgian Drive, Barrie, Ontario, L4M 3X9, Canada
DLI: : O19395677361
Intake: Fall 2021
Humber Student Id:
Entry Port: Lester B Pearson Intl (YYZ), Toronto, ON, Canada, Terminal 1
Arrival Date:
Contact Number:
Email Address:
Emergency Contact Number:

- **Fully Vaccinated with COVISHIELD:**

Beneficiary Reference Id:

- **Transfer from Airport to self-isolation Location:** At my cousin's place  
My cousin will pick me from airport to his house, where I will isolate myself till my Arrival COVID Test result arrive.

**Name of the Relative:**

**Address:**

Total number of people in the accommodation: 4

I will not come in direct contact with anyone and I will always have my mask on until my arrival COVID test result arrives negative.

- If Arrival COVID Test result comes Positive, I will undergo self-isolation for 14 days at my cousin's home in separate room.

I will be staying all alone in the entire separate room, so there will be no shared spaces and I will not come in contact with anyone during my stay.

During my quarantine I will fill self-symptoms checklist on ArriveCan App.

I will take all mandatory precautions as follows:

I will not come out of the place for the entire duration of my quarantine. I will not use public transportation

I will always have my mask on.

➤ **Arranging the necessary supports:**

**1) Food**

I have ready to cook Indian food packets such as Maggie noodles, soup, pasta and instant snacks.

I will be cooking meals by myself.

I am aware of the options available for food deliveries like Uber eats and Skipthe dishes if needed.

**2) Grocery**

I will buy groceries online via Amazon, Walmart, Costco, Fresco, Instacart etc.

**3) Medication**

I have generic medications with me in case needed for fever, cough or headache.

I will contact the health care professional or public health authorities immediately if I have any of the COVID-19 related symptoms.

**4) Cleaning supplies**

I have carried hand sanitizer and disinfectants with me. However, I will buy other cleaning and laundry products online through Walmart or Costco.

➤ **Financial means**

I have a Forex card and Canadian currency that will allow me to cover the costs of transportation, accommodation and food as well as health or emergency care (if needed); in order to comply with health measures in effect on arrival in Canada during my period of quarantine, and during my stay in Canada.

**Declaration**

I will strictly follow COVID Norms and laws imposed by Government of Canada and will continuously monitor my condition for symptoms of COVID-19. If the symptoms appear, I will immediately call the public health authority (1-866-797-0000, 1-833-4397).

(If Arrival COVID Test is Negative) I will follow the guidelines issued by public health authority of Canada.

Sincerely,

**A Quarantine plan is a legal commitment to Quarantine, enforceable under Public Health Act.**