

STUDENT TRAVEL AND SELF-ISOLATION GUIDE (COVID-19)

This document is intended to guide NBCCD students regarding travel and self-isolation. The information in this document is considered to be true and accurate at the date of publication (12/14/2020) and is subject to change based on the requirements of government authorities. It is the student's responsibility to consult relevant sources of information.

International Students - In addition to reviewing the NBCCD Student Travel and Self-isolation Guide (COVID-19), it is highly recommended to review the [Government of Canada's COVID-19: A Guide for International Students in Canada Arriving from Abroad - Canada.ca](#).

For the convenience of the student, an NBCCD International Student Travel and Self-isolation Checklist (Appendix A) is attached.

WHAT IS COVID-19

COVID-19 is a strain of coronavirus that can cause infection of the nose, throat, and lungs. A person may experience mild symptoms, like a cold, up to more severe respiratory illnesses. The most common spread of COVID-19 occurs through respiratory droplets (by coughing or sneezing), personal contact (shaking hands and touching), to touching something with the virus on it, then touching your mouth, nose or eyes.

SYMPTOMS

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are like a cold or flu. Symptoms may take up to 14 days to appear after exposure to COVID-19. Please click on the following link for the most up to date information: [About COVID-19 \(gnb.ca\)](#)

Some of the more commonly reported symptoms include:

- Fever
- A new cough, or worsening chronic cough
- Sore throat
- Runny nose
- Headache
- A new onset of fatigue
- Diarrhea
- Loss of sense of taste
- Loss of sense of smell
- In children, purple markings on the fingers and toes
- Difficulty breathing
- In severe cases, infection can lead to death.

If you or a member of your family are showing symptoms, contact Tele-Care 811 to arrange for an appointment at the closest testing facility. Students using cell phones from out of province providers must call toll free 1-877-795-3773 instead of 811.

Remember that if you or a member of your family are in severe distress, call 911.

COVID-19 BEST PRACTICES

HAND WASHING AND GOOD HYGIENE

Hand washing protocol can be found at this [Link](#). One of the best things you can do to prevent infection is to wash your hands regularly and avoid touching your face. Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection because soap actively destroys the surface of the virus.

If soap and water are not available, alcohol-based hand rubs (ABHR) can be used to clean your hands if they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them.

Please observe occupancy notices posted at all washroom facilities. Close the toilet lid before flushing the toilet. Disinfect all handles, knobs and counters in the washroom after each use.

PHYSICAL DISTANCING AND NON-MEDICAL MASKS

In accordance with NB Public Health, wearing a community face mask (non-medical mask or face covering) is always required in settings where physical distancing cannot be maintained. All staff and students shall bring their own community mask and shall wear them when physical distancing cannot be maintained. It is recommended that community masks be washed daily. For further information, please see Mandatory Masks – FAQ (Appendix H)

Staff and students must wear a community mask in common areas, including corridors, lobbies, washrooms, libraries, lounges and similar spaces. Dependant on the NB recovery phase, once staff and students arrive in work areas, community masks may be removed if physical distancing requirements are met. Staff and students will not be permitted to enter NBCCD unless wearing a community mask. For further information, please click on the following link: [NB's Recovery plan \(gnb.ca\)](#)

All NBCCD campus buildings are closed to the public. No tours or visiting of campuses are permitted. Community face masks are not a substitute for proper hand hygiene or physical distancing. Continue to wash your hands frequently and stay at least 2 metres away from people, except for those in your household.

Elevators, public washrooms and stairwells are all clearly indicated for occupancy and direction of traffic on the NBCCD campuses. Respect the physical distancing measures that have been placed on posters in all eating or sitting areas. Respect the occupancy listings of all elevators. Follow the up and down signage indicators for traffic flow on all stairwells.

Each time entering any NBCCD buildings, all students and staff are required to stop and review all notifications and posters regarding COVID-19 symptoms, mask directives and any directions from the College or Public Health.

Personal Protective Equipment (PPE):

NBCCD will have available and accessible the appropriate PPE to protect the students, staff and all others who enter the campus community

COVID-19 Awareness:

NBCCD will provide up to date information directly and on an on-going basis to all students and staff, including current physical and social constraints (such as distancing, etc.) related to COVID-19 in New Brunswick.

TRAVEL RESTRICTIONS

Students entering New Brunswick are required to create a Self-Isolation Plan (Appendix C) and self-isolate for 14 days. This includes residents of New Brunswick who have left the province for any reason. Self-isolation requirements and travel restrictions are subject to change. We advise you to follow the most recent guidelines as posted by the Government of New Brunswick when arranging travel to and from the province. For further information, please click on the following link: [Testing and Isolation Requirements after Travel](#)

Anyone coming to New Brunswick from outside Canada must follow any directives from the Government of Canada, including orders under the federal Quarantine Act and, upon entering New Brunswick, follow New Brunswick Public Health requirements, including self-isolating for 14 days and receiving a COVID-19 test. You may not leave isolation until you have received a negative test. For further information, please click on the following link: [Coronavirus disease \(COVID-19\): Travel restrictions, exemptions and advice - Canada.ca](#)

It is important to remember that if you leave New Brunswick for any reason, not only are you subject to rules in place at your destination(s), you must also follow New Brunswick Public Health requirements upon your return. If you choose to travel outside of New Brunswick, you are required to:

- Familiarize yourself with, and follow, the provincial Public Health guidelines.
- Have a Self-Isolation Plan approved by NBCCD.
- Mandatory 14-day self-isolation upon return to New Brunswick. Students are not permitted to leave their place of self-isolation during this period.
- Self-monitor daily as per New Brunswick Public Health requirement (Appendix D). For further information, please click on the following link: [Coronavirus Exposure \(gnb.ca\)](#)
- International travelers will require a COVID-19 test during self-isolation in New Brunswick (day 10). The test is provided free of charge.
- If students are sharing accommodations and all housemates have travelled, the date of isolation for 14 days resets with the last housemate who returns to the shared accommodations.
- For the Winter 2021 semester, NBCCD students have been advised that they must return to their accommodations in NB by December 28th for the purpose of self isolation and returning to NBCCD by January 11th, 2021.

INTERNATIONAL TRAVEL – ENTERING CANADA

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 self-isolation plan to Canada Border Services Agency. Failure to provide this quarantine plan at the border may result in being denied entry into the country. In certain situations, government authorities may fine travelers for non-compliance. Failure to comply with these requirements may compromise the ability to attend and participate in NBCCD programs and activities and could affect the student's ability to stay and study in Canada.

The following are the documents students are required to provide in order to gain permission to cross the border and enter the province:

- ✓ Copy of the authorized Letter of Acknowledgement (Appendix E) from their institution
- ✓ Copy of their Self Isolation Plan (including address of residency)
- ✓ Valid Passport
- ✓ Valid Study Permit
- ✓ Confirmation of health insurance

Students must make New Brunswick (NB) their final destination of travel without staying in another province for a period other than their connecting flight. If they choose to stay in another province prior to travelling to NB, Canada Border Services Agency may deny them entry into Canada. Any stop (other than a connecting flight) made between the entry point and the final destination (NB), could be deemed non-essential and therefore grounds to deny entry into Canada.

All NBCCD students travelling to Canada must clearly understand Government of Canada and Government of New Brunswick 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

1. Before you make any travel plans, it is 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, temporary workers and students](#).
2. 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](#).
3. 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](#).

GOVERNMENT OF NEW BRUNSWICK – LAWS AND REGULATIONS

The Government of Canada regulates the international border and travelers entering Canada. Anyone granted entry into Canada is permitted to enter New Brunswick. You will be required to self-isolate for 14 days under the federal Quarantine Act and must follow the guidance of the Chief Medical Officer of Health.

ENTERING NEW BRUNSWICK

1. Each adult (18 years old and older) must [register prior to entering the province](#). Minor children may be listed on one registration along with the primary applicant who is their parent or guardian. Unaccompanied minors need their own registration.
2. You may be required to show proof of health insurance for traveling. Proof of guard.me insurance will be provided to International students by NBCCD.
3. You will be asked to provide a Letter of Acknowledgement. This will be sent to you by NBCCD after your completed Self-Isolation Plan is approved by NBCCD.
 - a. [Pre-Register Online](#): You can pre-register online before you travel. This helps speed up screening at the border. It also helps you determine what documents you will need at screening so that you can avoid being turned away at the border.

Benefits to Pre-Registering:

- i. Limit delays to your travel.
 - ii. Ensure you have the necessary documents
 - iii. Reduce your risk of being turned away at the border
- b. **If you do not pre-register**:: If you arrive at the border without a travel registration, you will be able to complete the registration process on site. This will delay travel and increase the risk of being turned away at the border.

TRAVEL TO NEW BRUNSWICK

NBCCD's Winter semester begins **January 11th, 2021**. All students should plan to arrive in New Brunswick by **December 28th, 2020** unless otherwise communicated. This allows for all students who have left the province to return and isolate before returning to NBCCD on January 11th, 2021.

When booking a flight to Canada, please book a connecting flight directly to the airport closest to your NBCCD Campus.

If travelling by car, ensure you travel directly to your accommodations. Do not make stops prior to arriving at your place of residence.

UPON ARRIVAL IN CANADA

FOR TRAVELERS CROSSING INTERNATIONAL BORDERS:

As of November 21st, 2020, if you're flying to Canada as your final destination, you must use [ArriveCAN](#) to submit your:

- travel and contact information;
- quarantine plan (self-isolation plan);
- COVID-19 symptom self-assessments. For further information, please see: COVID-19 Daily Self-Assessment Questionnaire Template for Students (Appendix D)

You must:

- submit your information before you board your flight to Canada.
- be ready to show your ArriveCAN receipt when seeking entry into Canada;
- Canada Border Services will verify that you have submitted your information digitally.
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- If you don't submit your information through ArriveCAN, you may:
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- face additional delays at the border for public health questioning
- be subject to enforcement action, which can range from a verbal warning to a \$1,000 fine.
- Download the [ArriveCAN app](#)(iOS, [Android](#), or [web format](#))

IN TRANSIT

WHILE IN TRANSIT TO THE AIRPORT, IN AIRPORTS AND DURING FLIGHTS:

- Wear a mask and gloves;
- Wash hands frequently;
- Use hand sanitizer;
- Practice physical distancing (minimum 2 metres from others);
- Sanitize your personal space and high touch areas;
- Minimize trips to the washroom (flush 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 areas while maintaining physical distancing;
- Present appropriate documentation to Canada Border Services;
- Move as quickly as possible through the baggage area and do not enter any stores in the airport;
- Use the public washroom and wash your hands;
- Do not take public transit (bus);
- Do not have friends or family pick you up at the airport;
- Meet your taxi driver at the agreed upon pick-up location;
- If possible, load your own luggage into the vehicle;
- Do not share your taxi with other passengers;
- Adhere to 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.. Do not stop at any business or residential location on your way to your self-isolation location.

TRANSPORTATION TO SELF-ISOLATION LOCATION

Students are to contact the taxi company once arriving at the airport and after completing the mandatory screening process. Phones are available within airports with direct lines to taxi companies, or students can call from their cell phones (once they are ready to be picked-up).

New safety standards in relation to COVID-19 are in effect. Students must not share taxis with others and should not use public transit (buses). All passengers must wear masks during the trip from airport to the self-isolation location. Students must proceed directly to where they will self-isolate upon entering the province.. They may not stop at any businesses or residential locations.

Remember to bring enough Canadian money to pay for your taxi fare from the airport to the self-isolation location that you have previously arranged. Credit card and debit may be accepted as methods of payment.

Public transit, or having family or friends pick you up at the airport, are NOT options.

Transportation options from airport to hotel:

Fredericton Airport – Checker Cab (506) 450-8294; Trius Taxi (506) 454-4444

Saint John Airport – Saint John Taxi (506) 693-0000; Diamond Taxi (506) 488-8888

SELF-ISOLATION

Self-isolation is an important requirement in the prevention of the spread of COVID-19. Self-isolation means to stay at home for 14 days, monitor for symptoms, avoid physical contact with others and follow local Public Health Authority advice.

As of November 21, 2020, **all International travelers**, must provide information after their entry into Canada.

- use the ArriveCAN App or call 1-833-641-0343 to confirm that you've arrived at the address you provided for your quarantine or isolation location within 48 hours of your entry into Canada.
- complete daily COVID-19 symptom self-assessments during your quarantine period. For further information, please click on the following link: [Coronavirus Exposure \(gnb.ca\)](https://www.gnb.ca/coronavirus). If you have one or more symptoms fill a request for COVID-19 testing in the same link.
- You may receive unscheduled visits or calls from government officials to ensure individuals are adhering to the self-isolation requirements.
- You will receive daily check-ins from Trudy Gallagher, International Student Coordinator at NBCCD, as follows:
 - Day 1, day 2, day 6 – 8, day 13 – 14 – phone call or in-person communication
 - On other days – check-ins will be done by text or email
- Institutions will complete the Daily Monitoring Log for Institutions (Appendix G)
- Do not leave your self-isolation location unless there is a medical emergency.
- Keep your room well-ventilated and clean – open your window to let the air circulate.
- The mandatory 14-day self isolation period begins on the date and time the student checks into their accommodation. A 24-hour period is considered 1 day. E.g. if a student begins to isolate at 10:00 a.m. August 1st, the end of mandatory 14-day isolation period would be 10:00 a.m. August 15th.

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.
- Avoid coughing into either your hands or into the air. Dispose of used tissues into a trash bin and wash your hands.
- Flush the toilet with the lid down.
- Package up your garbage – empty garbage frequently and wash your hands immediately.
- Stay connected with friends and family via text, email, FaceTime etc.

IF THERE ARE OTHERS SHARING YOUR COMMON SPACE WHILE SELF-ISOLATING:

- Stay in a separate room and use a separate bathroom if possible.
- Do not congregate into groups
- Keep interactions brief and wear a mask.
- Arrange a schedule for kitchen or food preparation areas. Clean and disinfect immediately after use.
- Arrange a schedule for shared laundry facilities. Clean and disinfect immediately after use.
- Do not share personal items, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- At least once daily, clean and disinfect surfaces that you touch often, for example: toilets, bedside tables, doorknobs, phones and television remotes.
- Disinfect the bathroom after each use (flush toilet after lowering the lid).
- Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.
- Avoid contact with pets if you live with other people that may also be touching them.
- If new students are housed for self-isolation in the same accommodations as other students who are self-isolating, and cannot be separately isolated from the other students, then the clock resets to the day of the most recent arrival. This is to account for the potential exposure from the new student from outside of the province to those already in New Brunswick.

Monitor your physical and [mental health](#). If you are not feeling well, use the [Government of Canada's COVID-19 Self-Assessment Tool](#) to help determine if you need further assessment or testing. If you develop symptoms, quarantine yourself from others as quickly as possible. If you cannot access the online assessment, call Tele-Care 811 and follow their directions. Students using cell phones from out of province providers must call the local toll free number 1-877-795-3773 instead of 811.

NBCCD staff will conduct frequent check-ins to see how you are doing. They will connect you to appropriate campus or community resources if needed. If you need to talk, please do not hesitate to express need.

Remember that self-isolation is a mandatory requirement of the [Quarantine Act](#) and is not optional. Students coming to New Brunswick from outside Canada will be required to take a COVID-19 test at day 10. Students who are tested during the required isolation period DO NOT need to pay for this test.

HOTELS

Students must include the details of where they will be staying during the self-isolation period. NBCCD has been working with hotels to secure reduced rates for NBCCD students who need to self-isolate or quarantine in the event of illness.

If you become COVID-19 positive and need to be moved from shared accommodations into isolation, you will be quarantined at the Comfort Inn, 797 Prospect Street, Fredericton, NB. NBCCD will cover the cost for accommodations (room) at a pre-determined rate of \$55/day for your 14 days of quarantine. Reservations may be made by phoning 506-453-0800.

The room has a kitchenette and WIFI. There will be no daily housekeeping. Breakfast will be delivered to the door of the room. All other meals must be dropped off by friends, relatives, food services, grocery store delivery etc.

You may not leave your room for the full 14 days. You must remain isolated at the Comfort Inn. Be prepared to package your own garbage. It is also advisable to package your dirty laundry for cleaning when you are out of isolation.

FOOD

GROCERIES

Grocery orders may be placed online at two major grocery stores that carry a wide variety of food and health care products. A credit card is required to complete the purchase.

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

How do I pick up my groceries?

- Some hotels will pick-up pre-ordered grocery orders, if requested, for a cost. Be sure to verify with the Comfort Inn.
- If the Comfort Inn does not offer grocery service pick-up, check out [Instacart](#) as a delivery service option

ORDERING TAKE-OUT

- [Skip the Dishes](#)
- [Door Dash](#)

Many restaurants are offering a “knock and drop” for delivery, where they will either deliver to the student’s room or be escorted to the room by hotel staff.

DISPLAYING SIGNS OF ILLNESS CONSISTENT WITH COVID-19

Should you become ill while waiting for pick-up upon arrival by air in NB, you must:

- Notify NBCCD that you are symptomatic by contacting the *International Student Coordinator: Trudy Gallagher at 506-238-5673*, and she will advise NBCCD.
- Do not proceed to shared accommodations.
- Contact a taxi to arrange transportation to your pre-arranged self-isolation location only if you are the only resident.
- If you share accommodations, do not go to your shared residence. Take a taxi to The Comfort Inn, 797 Prospect Street, Fredericton. Pre-arrange accommodations by calling (506) 453-0800.
- Notify the taxi driver that you are symptomatic.
- You may not share a taxi with other passengers.
- Wear a mask and follow social distancing protocols.
- Notify the hotel staff that you are symptomatic during check-in (if applicable).
- Contact Tele-Care 811 to arrange testing. Students using cell phones from out of province providers must call the local toll free number 1-877-795-3773 instead of 811.
- Follow direction provided by Public Health NB.

Should you become ill during the 14-day self-isolation period while in shared or private accommodations, you must:

- Contact Tele-Care 811 to arrange testing or fill in the request for testing at: https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/coronavirusexposure.html. Students using cell phones from out of province providers must call the local toll free number 1-877-795-3773 instead of 811.
- Notify NBCCD via the International Student Coordinator, Trudy Gallagher that you are symptomatic by contacting (506) 238-5673 and she will advise NBCCD.
- Follow [cleaning and disinfection guidelines](#) as provided by NB Public Health
- Follow direction provided by NB Public Health.
- If you are in shared accommodations, self isolate in your room.

Should you become ill while studying on-campus, you must:

- Notify your instructor immediately and request to be taken by the instructor to the NBCCD designated isolation room.
- A member of the NBCCD Health and Safety Committee will be notified by your instructor.
- Contact Tele-Care 811 to arrange testing or fill in the request for testing at: https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/coronavirusexposure.html
- Students using cell phones from out of province providers must call the local toll free number 1-877-795-3773 instead of 811.
- Follow direction provided by NB Public Health.

Should you become ill while in a shared accommodation, you must:

- Self-isolate immediately.
- Contact Tele-Care 811 to arrange testing or fill in the request for testing at: https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/coronavirusexposure.html. Students using cell phones from out of province providers must call the local toll-free number 1-877-795-3773 instead of 811.
- Notify International Student Coordinator – Trudy Gallagher at 506–238-5673.
- Follow direction provided by NB Public Health.
- If a COVID-19 test is required, it will be provided free of charge
- If the results of your COVID-19 test are positive, Public Health staff will communicate the result to the student, by phone (with translation if required). In that case, both the student and institution are to follow the procedures outlined under 'Requirements for monitoring' .
- If the results of your COVID-19 test are negative, a confidential note to that effect will be delivered to the student in a sealed envelope. The student must still complete the 14-day self isolation. Department of Health will make all efforts to expedite getting the written results to the student as soon as possible. In some circumstances (eg. Swabbing on day 12), written negative test results may be delivered to the student after day 14 has expired. The student must remain at the self isolation site until they have received the written copy of the negative test result, unless otherwise directed by the Regional Medical Officer of Health (RMOH).
- If you test positive and are in a shared accommodation, you will be moved to a room with a kitchenette at the Comfort Inn (506-453-0800) immediately. NBCCD will cover the cost of your accommodations while in quarantine. Phone support will be provided by the International Student Coordinator – Trudy Gallagher at 506–238-5673.

For further information, please see the Accommodation Safety Checklist for the Post-Secondary Student's 14-day Self-Isolation.

AFTER SELF-ISOLATION/QUARANTINE

Anyone coming to New Brunswick from outside Canada will be required to take a COVID-19 test at day 9 to 11. Students who are required to take COVID-19 test are not to leave self-isolation until a negative test result is received. The COVID-19 test will be free of charge.

Following completion of your 14-day quarantine period, if you have not presented any symptoms of COVID-19:

- You can leave your accommodations.
- Travel to NBCCD is permitted.
- For the duration of your stay in Canada, please be mindful of and respect public health directives.
 - Continue to practice proper hygiene, including hand washing and use of hand sanitizer;
 - Use proper coughing and sneezing etiquette;
 - Practice physical distancing;
 - Follow all protocols and directives as given by Health Canada and NB Public Health and posted at NBCCD campus entrance, bulletin boards etc.
 - Follow occupancy signage of NBCCD elevators, washrooms, stairwells and gallery.

COVID ALERT

Students may install the COVID Alert exposure notification app on their cell phones. Exposure notifications are Alerts that people can receive on their cell phones letting them know they've been exposed to someone who has tested positive for COVID-19. COVID Alert is an important part of New Brunswick's efforts to identify, test, trace and isolate cases.

The [COVID Alert](#) app is available on [Google Play](#) and [Apple App](#) stores. For more information visit [COVID Alert App – FAQs](#).

The following links are provided to ensure post-secondary institutions operating in New Brunswick are well informed on the most current COVID-19 related guidelines and policy updates. It is recommended that the links be reviewed regularly:

1. [GNB-Coronavirus](#)
2. [Prepare to Self -Isolate](#)
3. [Coronavirus Exposure - Self Assessment](#)
4. [NB Recovery Plan](#)
5. [Guidance for post-secondary institutions during the COVID-19 pandemic - Canada.ca](#)
6. [Government of Canada: Coronavirus](#)
7. [Self-Isolation Guidance for Asymptomatic Individual](#)
8. [Self-Isolation Guidance for Symptomatic Individual](#)

APPENDIX A

NBCCD INTERNATIONAL STUDENT TRAVEL AND SELF-ISOLATION CHECKLIST

- You have carefully reviewed to ensure you are [allowed to travel to Canada](#).
- You understand what the [Province of New Brunswick](#) is asking from you.
- You have decided when you are going to come to New Brunswick and have travel arrangements.
- You have downloaded the [Arrive CAN](#) app in order to submit your [Self-isolation Plan](#) to the Government of Canada.
- You have arranged [medical health insurance](#).
- You have read the guidelines from the [Public Health Agency of Canada on How to Self-isolate](#) and agree to adhere to rigorous hygiene, cleanliness and physical distancing practices for the entire duration of your flight, including transfers, and once in New Brunswick.
- 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.
- Have a contact list of all relevant emergency contacts (including family).

DOCUMENTS

Make sure you have the **following documents** available when you arrive in your carry-on luggage. You will be required to present these to Canadian Border Services:

- Passport;
- Letter of Introduction (visa office sent you when they approved your study permit);
- Letter of Acceptance from NBCCD;
- Print out and signed the NBCCD Student Self-isolation Plan;
- NBCCD In-person Program Participation Letter;
- Proof that you have enough money to support yourself during your stay in Canada;
- Letters of reference or any other documents the visa office told you to bring;
- A valid Electronic Travel Authorization (eTA) or Visitor Visa (temporary resident visa);
- Self-isolation location contact information, including any hotel booking confirmation;
- Contact information of the International Student Coordinator: Trudy Gallagher, Trudy.gallagher@gnb.ca. Cell phone 506-238-5673

PACKING

Please have the following with you in your carry-on luggage:

- At least 2 community masks;
- Several pairs of medical Nitrile gloves;
- A travel sized bottle of hand-sanitizer and some disinfecting wipes;
- A thermometer.

In addition to regular packing requirements, it is recommended to also bring:

- One or two community face mask and 30 disposable face masks OR 60 disposable face masks;
- One large bottle of quality hand sanitizer;
- Several pairs of medical Nitrile gloves;

Recommended to be delivered to your accommodations, in the event you become ill:

- Disposable dishes and cutlery
- Garbage bags to contain used food containers, dishes and cutlery (to be tied off until proper garbage disposal)
- Garbage bags to contain soiled laundry (to be tied off until you can access laundry facilities)

APPENDIX B

MANDATORY MASKS – FAQ

What is New Brunswick's new guidance on masks?

- Masks are now mandatory in all indoor public spaces in New Brunswick. Public places include:
- retail businesses and shopping centres
- personal service businesses like hair salons, barber shops, spas, etc. (except during services that require removing a mask)
- restaurants and bars (except while eating or drinking)
- places of worship and faith gatherings
- places for cultural or entertainment activities (movie theatres, theatre performances, dance recitals, festival, concerts, etc)
- places for sports and recreational activities, including gyms, yoga studios, pools, etc. (except during physical activity)
- municipal and provincial government locations that offer services to the public
- common areas of multi-unit apartment or condo buildings (lobbies, elevators, stairwells, common rooms)
- common areas such as lobbies, elevators and hallways
- hospitals and healthcare facilities

Any space that is open to the public, at any time, is considered a public space, at all times.

Why is New Brunswick making masks mandatory in public spaces?

When worn properly and used along with other public health measures like frequent hand washing, proper cough/sneeze etiquette and physical distancing, masks are effective in limiting the spread of COVID-19.

Are masks now required on public transit?

Yes. Masks are required on public transit. In instances where people are seated and every person continuously wears a mask, physical distancing of one metre is acceptable. In addition, a reserved section with two metre spacing or barriers should be made available to accommodate individuals who are exempted from wearing a mask.

If physical distancing of two metres can be maintained in public spaces, are masks still required?

Yes. While physical distancing of two metres is still required, masks will add an additional layer of protection in indoor spaces. This applies to all indoor public venues including places of worship, theatres, concerts, etc.

If everyone is required to wear a mask in public places, does that mean we don't need to worry about distancing any more?

Two metres of physical distancing is still required.

Are there people who can't wear a face mask?

Some people are not able to wear masks for various reasons. It's important to remember that these reasons may not always be visible to others. New Brunswickers should always treat each other with kindness, respect and understanding.

Examples of people who may be unable to wear a mask:

- Children under the age of two;
- People with a medical condition, including a mental health disorder, that prevents them from wearing a mask;
- Anyone in situations that include a person who is deaf or hard of hearing who relies on lip reading, clear sound or facial expressions to communicate;
- Performer or officiant who is performing activities that require vocalization (like talking or singing) at a faith gathering, wedding, funeral, social event, or arts and culture event;
- People who are receiving medical treatment or receiving a service that requires it to be removed. In these cases, they may remove their mask only for the duration of the treatment or service only (masks must be worn at all other times in hospital and healthcare facilities)
- As per WorkSafeNB's guidance, face masks do not have to be worn where physical barriers are in place that protect people from potential exposure (e.g. plexiglass barrier). Workers for whom wearing a face mask would introduce a risk to the workers' health and safety related to their work environment may use a face shield as a substitute to the face covering. More information is available [here](#).

Note: between the ages of two and five, children may be able to wear a mask if supervised. This will depend on their ability to tolerate it as well as put it on and take it off.

It is even more important that people who are unable to wear a mask practice physical distancing of staying two metres away from others, wash or sanitize hands frequently and get tested if unwell, even with mild symptoms. It is also recommended that people who are unable to wear a mask avoid, as much as possible, crowded places and plan to do errands during off-peak times when stores are less crowded, or have items delivered if possible.

Are masks required for the public, even in situations where barriers, such as plexiglass, are present? What about when two meters of distance can be maintained?

Yes. Masks are considered an additional form of protection in indoor spaces and must be worn despite the presence of physical barriers and/or physical distancing.

Will the mandatory mask requirement change the protocol for schools and early learning and childcare facilities?

No. While New Brunswick remains in the Yellow level of recovery, the current guidance for masks in schools and early learning and childcare facilities will remain in effect.

Are masks required in churches/places of worship?

Yes. People attending churches/places of worship will be required to wear a mask at all times, as well as maintain physical distance. In instances where people are seated, and every person continuously wears a mask, physical distancing of one metre is acceptable.

Officiants and participants (e.g. clergy, readers, marrying couple, singers) who are performing activities that require vocalization like talking or singing at a faith gathering, wedding, funeral, social event, etc. are exempt from wearing a mask but they should stay four metres away from others during their reading or recital. Parishioners must wear masks while singing. It should be noted that singing during a pandemic is a high-risk activity. The chance of expelling drops of liquid that could contain COVID-19 increases during singing, shouting, cheering or playing wind instruments. Having a group of people singing increases the number of these small droplets. Additional risk factors include longer durations of more than 30 minutes and group singing within indoor settings.

Can people with asthma, lung disease or other respiratory conditions wear a face mask?

Yes. Individuals with asthma or other respiratory conditions can wear a face mask. The Canadian Lung Association, the Canadian Thoracic Society, and Asthma Canada all support public health recommendations on mask use as protection against COVID-19.

How should businesses handle the implementation of this new mask policy?

While there is no one-size fits all approach, businesses should consider how they will communicate this new policy to the public. An option could be to post signage outlining the mask requirement and providing additional options for those unable to wear a mask, including online or phone ordering and delivery or contactless pick-up options.

During the first few weeks, retailers could consider providing complimentary masks for anyone who has forgotten theirs or provide one for a nominal fee.

It's important to note that some people cannot wear masks. We encourage everyone to be kind and show compassion and understanding. Consider alternative ways of providing your services to people who cannot wear masks. Online shopping, contact-free pickup, and delivery.

Can businesses prevent me from entering if I don't wear a mask?

Businesses can refuse entry to any individual who is not following requirements. Owners and operators have the right to apply tighter restrictions to ensure the safety of their staff and customers. We are encouraging businesses to remember that some people cannot wear masks and to provide alternative ways of providing service (like online shopping or contactless pickup).

Will masks have to be worn in workplaces where there is no interaction with the public?

In workplaces where the public is not admitted, employees do not need to wear a mask where physical distancing can be maintained. Masks must be worn in common areas of workplaces such as hallways and elevators.

How will this new mask policy be enforced?

New Brunswickers understand that masks work to prevent the spread of disease. We will rely on New Brunswickers to make good decisions to protect themselves and others from COVID-19.

What kind of masks are preferred?

Recently the Public Health Agency of Canada's (PHAC) updated their guidelines and are recommending that community face masks be made of three layers. Two layers of tightly woven fabric such as cotton or linen and include a third (middle) layer of a filter-type fabric, such as: non-woven polypropylene fabric, which is washable or a disposable filter. Homemade masks should be made as per the Public Health Agency of Canada's (PHAC) instructions located [here](#).

It is not necessary to throw out your two-layer masks. Consider 3-layers masks when making or purchasing new masks as the three layers provides added protection.

Medical masks, such as N95, are not necessary for the public and should be reserved for healthcare workers. You may wear a non-medical mask composed of disposable paper or cloth. Disposable masks should be put in the garbage when soiled.

What is the proper way to wear a mask?

Masks should cover your nose and mouth and fit snugly against the sides of your face and under your chin.

Do not wear your mask around your neck, on your forehead, under your nose, on your chin, dangling from one ear or on your arm. A small plastic bag is a safe place to store your mask when not wearing it.

Can I wear a mask that has a vent or valves?

No. Vents or valves in masks allow virus particles to escape and are not recommended during the COVID-19 pandemic.

Are there any tips for those who wear glasses and find it hard to wear a mask?

Masks that fit closely over your nose or one that has a nose wire tend to limit fogging. Several styles may need to be tried to find the best fit. In addition, lens treatments are available to limit fogging.

Is it okay to wear a face shield / gaiter / scarf / bandana instead of a mask?

No. These items should not be worn instead of a face mask to protect against COVID-19. They are not as effective at preventing the transmission of viruses because they do not effectively contain the spray of respiratory droplets like saliva and mucus.

When are face shields appropriate to be used?

A face shield is intended to be used with a mask and is mainly used for eye protection for the person wearing it. Health-care workers wear face shields, along with masks, and other protective equipment, to protect both themselves and patients from becoming infected with COVID-19.

Workers for whom wearing a face mask would introduce a risk to the workers' health and safety related to their work environment may use a face shield as a substitute to the face covering. More information is available [here](#).

Individuals unable to wear a mask can wear a face shield; however, it is not a replacement for a mask. Other additional accommodations, barriers, or two metre distancing is still required.

How does this policy impact operational plans for sports and physical activities?

Previously developed operational plans continue to apply. Masks are not required to be worn by individuals while participating in an organized sport or physical activity, however they must be worn at all other times, including between practices and games, etc.

Spectators must always wear masks. If some sports can incorporate wearing a mask into play, this will be encouraged. Participants are not required to wear masks while on the team bench during game play, but if feasible, this should be enabled. Masks will be required in dressing rooms, combined with one metre minimum physical distancing between individuals, and on team benches for players not in rotation.

What are my options if I have difficulty or feel that I am unable to wear a mask?

If a person has challenges wearing a mask, it is recommended that they try different styles until they find the one most comfortable for them. Masks can loop behind the ears or tie behind the head and are available in various shapes including pleated and form fitting. Masks can be made of different fabric such as cotton or disposable paper. Devices such as headbands and hats with buttons, or clips to hook elastics on are also available to take pressure off the ears.

For mild anxiety or claustrophobia, individuals can consult with their health-care providers for coping techniques.

Are there any changes to masking measures in the Orange level or recovery?

In Orange level, masks are required in outdoor public spaces in addition to indoor public spaces. Outdoor public places include any location where people gather and physical distancing cannot be guaranteed, such as sidewalks, public walking trails, parks, markets, and playgrounds.

At school, students in grades K-8 will need to wear their masks while at their desks when actively participating in discussions. When doing work silently at their desks, masks can be removed. K-8 students will also need to wear masks in common areas such as hallways, even when in their own bubbles. High school students must wear masks at all times in school. All students in K-12 will wear a mask at all times outside at school and on buses unless they otherwise have a medical exemption. School personnel need to wear masks at all times when at school (including outside) except when eating.

In the Orange level of recovery, why are masks required outdoors?

In the Orange level, when case numbers are higher and the risk of community transmission is elevated, masks are required in outdoor public spaces as an added measure of protection. While the risk of getting COVID-19 in an outdoor setting is low, evidence supports putting extra precautions in place when risk levels are elevated. Outdoor public places include any location where people gather and physical distancing cannot be guaranteed, such as sidewalks, public walking trails, parks, markets, and playgrounds.

Additional Resources:

- [Use of a Community Mask to Prevent the Spread of COVID-19](#)
- [Tips for wearing a Face mask with Asthma](#)
- [Canadian Lung Association](#)
- [Canadian Thoracic Society:](#)
- [How to Combat Mask Anxiety](#)
- [New Brunswick's Recovery Plan \(including the phases of recovery\)](#)

APPENDIX C

SELF-ISOLATION PLAN

If you are a student returning to New Brunswick from another province or country, this Self-Isolation Plan must be completed and returned to the Registrar's Office in order to receive your Letter of Acknowledgement. The Letter of Acknowledgement will be required for entry into the province whether travelling by sea, ground or air.

If you are coming from outside of Canada, you will be required to have a COVID-19 test completed on day ten (10) of isolation.

Name: _____

Where are you coming from? _____

What is the date of your arrival to the province? _____

Where will you be entering the province: _____

If by ground, which border will you cross? _____

If by Air, in what airport will you arrive? _____

If by sea, where will you land and how will you get to Fredericton? _____

What is the address where you will self-isolate for the required 14 days? _____

Please provide a phone number where you can be reached. _____

What arrangements have you made for food and personal items while you are isolating?

Date of COVID-19 test: _____

I give permission for the New Brunswick College of Craft and Design to share the above information with the Department of Post-Secondary Education, Training and Labour and with New Brunswick Public Health.

Signature _____

Date _____

Please return completed form to NBCCDRegistrar@gnb.ca. Thank you.

APPENDIX D

COVID-19 DAILY SELF-ASSESSMENT QUESTIONNAIRE TEMPLATE FOR STUDENTS

COVID-19 DAILY SELF-ASSESSMENT QUESTIONNAIRE

1. If you answer “yes” to any one of the following symptoms call 9-1-1 immediately. If too ill to contact your institution, advise another student to contact your institution immediately.

Do you have any 1 of the following symptoms?

- severe trouble breathing (struggling for each breath, can barely speak)
- bluish lips or face
- you are concerned that you have a life-threatening emergency
- short of breath even at rest
- moderate trouble breathing (must speak in short phrases)
- it hurts to take a deep breath
- cannot lie down because of trouble breathing
- current breathing trouble is keeping you from managing your chronic health conditions
- you feel very sick and need to be seen urgently

2. Contact your institution and call 8-1-1 if you have any 2 of the following symptoms

Do you have any 2 of the following symptoms?

- Fever
- new cough or a cough that is getting worse
- sore throat
- runny nose
- headache
- new onset of fatigue
- new onset muscle pain
- diarrhea
- loss of taste or smell

3. Do you have any other symptoms?

- Yes, if yes please list symptoms below.
- No

APPENDIX E

LETTER OF ACKNOWLEDGEMENT

Date_____

Name_____

Address_____

Name_____

This is to acknowledge receipt of your Self-Isolation Plan, including pertinent information regarding your return to New Brunswick.

The New Brunswick College of Craft and Design has approved your plan, and looks forward to your return to the College next semester.

Please present this letter to Canadian Border Security and/or Department of Public Safety for consideration of permission to enter into Canada and New Brunswick.

Sincerely,

Student Services Manager/Registrar

APPENDIX F

ACCOMMODATION SAFETY CHECKLIST FOR THE POST-SECONDARY STUDENT'S 14- DAY SELF-ISOLATION

Institution Name: _____

Date _____

14-Day Self-Isolation Site Address: _____

The institution is responsible for completing a prior to the student's arrival for each individual accommodation secured by the institution which is to house a student during their 14 day self-isolation period. The checklist is to be submitted to the institutions local Health Protection Services office.

	Yes	No	Comment
The institution has reviewed the following documents with the student:			
Guidance for Institutions: Requirements for Managing International Student Arrivals During the COVID-19 Pandemic	<input type="checkbox"/>	<input type="checkbox"/>	
The following documents are available at the self-isolation site or have been provided to the student, including any necessary directions:			
COVID-19 Daily Self-Assessment Questionnaire (See Appendix B)	<input type="checkbox"/>	<input type="checkbox"/>	
Self-Monitor Poster	<input type="checkbox"/>	<input type="checkbox"/>	
Self-Isolation Poster	<input type="checkbox"/>	<input type="checkbox"/>	
It has been verified that the following personal hygiene communication and supplies are available at the self-isolation site:			
Hand Washing Poster	<input type="checkbox"/>	<input type="checkbox"/>	
Hand Sanitizer Poster	<input type="checkbox"/>	<input type="checkbox"/>	
Protect Yourself and Others from Getting Sick Poster	<input type="checkbox"/>	<input type="checkbox"/>	
Community Masks (Refer to COVID-19 questions answered in hyperlink)	<input type="checkbox"/>	<input type="checkbox"/>	
Thermometer (1 per STUDENT)	<input type="checkbox"/>	<input type="checkbox"/>	
Disposable gloves	<input type="checkbox"/>	<input type="checkbox"/>	
Safety glasses	<input type="checkbox"/>	<input type="checkbox"/>	
Hygiene supplies – soap, water, hand sanitizer, towels, toilet paper and female hygiene products	<input type="checkbox"/>	<input type="checkbox"/>	
Laundry facilities and supplies	<input type="checkbox"/>	<input type="checkbox"/>	
It has been verified that the following cleaning and disinfecting communication and supplies are available at the self-isolation site:			
Cleaning and disinfecting procedures	<input type="checkbox"/>	<input type="checkbox"/>	
Cleaning and Disinfection Info Sheet	<input type="checkbox"/>	<input type="checkbox"/>	
Cleaning supplies – cleaners, disinfectants, cloths	<input type="checkbox"/>	<input type="checkbox"/>	
House cleaning and disinfecting log	<input type="checkbox"/>	<input type="checkbox"/>	

The following communication, supplies and logs are openly available in the common areas of on campus or off campus institution-chosen facilities:

	Yes	No	Comment
Physical Distancing Poster - 2 metre rule	<input type="checkbox"/>	<input type="checkbox"/>	
Furniture position allows for 2 metre rule	<input type="checkbox"/>	<input type="checkbox"/>	
Protect Yourself and Others from Getting Sick Poster	<input type="checkbox"/>	<input type="checkbox"/>	
Hand Sanitizer Poster	<input type="checkbox"/>	<input type="checkbox"/>	

The following communication and supplies are openly available in the bathrooms of on campus or off campus institution-chosen facilities:

Hand Washing Poster	<input type="checkbox"/>	<input type="checkbox"/>	
Hand Sanitizer Poster	<input type="checkbox"/>	<input type="checkbox"/>	
Hygiene supplies- soap, water, hand sanitizer, towels, toilet paper and female hygiene products	<input type="checkbox"/>	<input type="checkbox"/>	

The following communication and supplies are openly available in the bedrooms of on campus or off campus institution-chosen facilities:

Physical Distancing Poster – 2 metre rule	<input type="checkbox"/>	<input type="checkbox"/>	
Bed spacing – photos must be submitted to verify single occupancy rooms or beds a minimum of 2 metres apart	<input type="checkbox"/>	<input type="checkbox"/>	
Bed linens and pillows – weekly washing schedule	<input type="checkbox"/>	<input type="checkbox"/>	

The following communication, supplies and logs are available in the kitchen facilities of on campus or off campus institution-chosen facilities:

Grocery supply available	<input type="checkbox"/>	<input type="checkbox"/>	
Procedure for workers to request supplies	<input type="checkbox"/>	<input type="checkbox"/>	
Space to prepare meals	<input type="checkbox"/>	<input type="checkbox"/>	
Pots, pans, and utensils to prepare meals	<input type="checkbox"/>	<input type="checkbox"/>	
Dishes, cutlery, and cups available	<input type="checkbox"/>	<input type="checkbox"/>	
Kitchen cleaning and disinfecting supplies	<input type="checkbox"/>	<input type="checkbox"/>	
Hand Washing Poster	<input type="checkbox"/>	<input type="checkbox"/>	
Waste & recycling receptacles with bags	<input type="checkbox"/>	<input type="checkbox"/>	
Physical Distancing Poster – 2 metre rule	<input type="checkbox"/>	<input type="checkbox"/>	

If a student is sick the following is available:

COVID-19 Daily Self-Assessment Questionnaire (See Appendix B)	<input type="checkbox"/>	<input type="checkbox"/>	
Alternate space or accommodation plan in place for sick student to isolate from others.	<input type="checkbox"/>	<input type="checkbox"/>	
Access to the On-line COVID-19 Self-Assessment Form and accessibility to phone to contact 8-1-1	<input type="checkbox"/>	<input type="checkbox"/>	
Consulate contact information	<input type="checkbox"/>	<input type="checkbox"/>	

I certify to the best of my knowledge the information documented in the assessment checklist is true.

Signature: _____

Print Name and Title: _____

Date: _____

APPENDIX G

DAILY MONITORING LOG FOR INSTITUTIONS

No	Student Name	Date	Time	Temp	Has the student answered YES to any of the questions in Appendix B: COVID-19 Daily Self-Assessment Questionnaire, if YES indicate what actions were taken
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

Daily Check-In Log Confirmed By: _____

Date: _____

APPENDIX H

NON-ESSENTIAL TRAVEL IN AND OUT OF ZONES IN THE ORANGE LEVEL

New Brunswickers can continue to travel within the province for work, school, essential errands and medical appointments. Non-essential travel* in and out of zones that have been placed in the Orange level should be minimized where possible.

Anyone who lives in an area in Yellow level and has travelled to an area in Orange level is encouraged to follow these measures for 14 days after they return, even if they have tested negative for COVID-19:

- wear a mask when in public;
- be vigilant in self-monitoring for symptoms and get tested as soon as possible should they develop;
- limit your contacts to your two-household bubble;
- avoid visiting those most vulnerable to COVID-19, including those in nursing homes and other adult residential facilities;
- wash your hands or use sanitizer frequently;
- maintain a two metre distance from others; and
- avoid gatherings.

People living in Orange zones are asked to avoid non-essential travel to Yellow zones for the time being, but if they do travel they are asked to take the same measures outlined above.

Please be kind and respectful to one another. By working together and supporting each other we can all do our part to reduce the spread of COVID-19 in our province.

* Non-essential travel includes shopping, visiting restaurants, attending events/gatherings etc. Essential travel includes travel for work, post-secondary education, bereavement, compassionate reasons, medical appointments or child custody.