

Dear Host Families:

Thank you for opening your home to international students this fall.

Canada remains a welcoming destination for international students. To reduce the risk of infection and transmission of the virus, there are important protocols that international students and other travellers must follow. This includes undertaking a mandatory 14-day quarantine period immediately upon arrival in Canada.

These procedures outline expectations and requirements to:

- Alleviate any fear and concerns of students, host families, schools and communities
- Support the safe travel/transit, health/well-being of international students
- Ensure students and host families manage this period safely and smoothly

Please understand that our priority is the health and safety of all students, host families, school and communities. The Qualicum International Student Program must follow the regulations and recommendations of the government of Canada, provincial and local public health authorities.

## Definitions:

The Public Health Agency of Canada draws a distinction between the need to [quarantine](#) (self-isolate) and [isolate](#).<sup>1</sup>

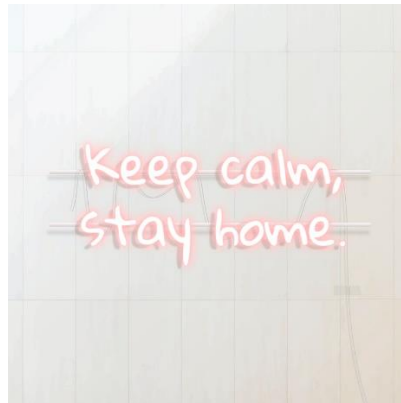
- **Quarantine (self-isolate):** Quarantining is necessary for 14 days if you have **no symptoms** and **any** of the following apply: you are returning from travel **outside of Canada** (mandatory quarantine); you had close contact with someone who has or is suspected to have COVID-19; **or** you have been told by the public health authority that you may have been exposed and need to quarantine.
- **Isolate:** You must isolate if **any** of the following apply: you have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19; you have symptoms of COVID-19, even if mild; you have been in contact with a suspected, probable or confirmed case of COVID-19; you have been told by public health that you may have been exposed to COVID-19; **or** you have returned from travel outside Canada with symptoms of COVID-19 (mandatory).

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<sup>1</sup> <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#self>

## **Quarantine Protocol: Quarantine (self-isolation) is not optional.**

As required under the Government of Canada's Quarantine Act, all travellers to Canada are required to quarantine for 14 days. This means that students will have to stay in their own room for 14 days and avoid contact with (keep a 2 metre distance from) others.



After arriving in Canada, Government of Canada officials will call the student to monitor compliance with the mandatory quarantine. The student or you must be prepared to answer calls from **1-855-906-5585** or **613-221-3100**

In this guide, you will find information that we have also shared with your student.

These instructions and protocols may seem overwhelming but everyone has worked hard to keep COVID-19 manageable. If you have any questions or concerns during this time, you are encouraged to ask your Homestay Coordinator for assistance. **Our emergency number is 250-954-3049.**

Sandie Wassbauer can be reached at 250- 927-3351 and Jenny Atkinson can be reached at 250-954-7162. We are always available to help you.



## Communication & Relationship Building Pre-Arrival

Given student, interactions with your family as well as our program will not be typical upon arrival, it will be more important than ever for host families to establish a relationship with student(s) before they arrive in Canada

- ❑ Zoom, FaceTime, Skype, WhatsApp with the student(s)
- ❑ Talk about activities the students will be able to do during the isolation
- ❑ Tour the student around your house and the outdoor space. Discuss how you have been navigating COVID-19 over the last few months, explain what will happen if you have to go to work, etc.
- ❑ It would be great if you can prepare a 'welcome basket' and include their 'Wi-Fi' login/password info, snacks, some activities (word puzzles, Sudoku, jigsaw puzzles, art projects, etc.)



## Host Responsibilities & Expectations During 14 Day Quarantine:

- Host families must follow all public health guidelines for their area for 14 days prior to the student's arrival and everyone in the home must be free of all COVID-19 symptoms.
- Only one healthy person should provide care to the student during the 14 day period
- Do not share personal items with the student (such as toothbrushes, towels, bed linen, utensils and electronic devices)

- Use a separate bathroom from the student if possible and make sure everyone puts the toilet lid down before flushing
- Some people may transmit COVID-19 even though they do not show **any symptoms. Wearing a mask, including a non-medical mask or face covering (i.e. constructed to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) can help protect others** around you.
- Avoid re-using medical masks or gloves.
- Clean your hands often for at least 20 seconds, especially after contact with the student and after removing any gloves, face masks and eye protection.
- Dry your hands with disposable paper towels. If not available, use a reusable towel and replace it when it becomes wet.
- You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.

For more information from BC Centre for Disease Control/Ministry of Health

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-self-isolation-multi-generational-households.pdf>

### Recommended Host Family Supplies:

- Disposable paper towels & regular household cleaning products
- Appropriate cleaning products for high-touch electronics
- Hand soap
- Alcohol-based sanitizer containing at least 60% alcohol
- Thermometer
- Hard-surface disinfectant that has a Drug Identification Number (DIN), or if not available, concentrated (5%) liquid bleach and a separate container for dilution

## Student Responsibilities & Expectations during 14 Day Quarantine:

- Stay in room as much as possible and away from others. If you are using common spaces, please wear a mask and keep your physical distance of 2 metres.
- Keep your room well ventilated and clean – open your window to let the air circulate. Make sure your heat is not turned on during this time.
- Practice good hygiene:
  - Wash your hands frequently with plain soap and water for at least 20 seconds
  - Use a separate towel which is kept away from others
  - Cover your mouth and nose with your elbow (or use a tissue) when coughing or sneezing - avoid coughing into either your hands or into the air. Dispose of used tissues right away into a trash bin and immediately wash your hands
- Use a separate bathroom if possible:
  - Clean the bathroom regularly with household cleaning products
  - Flush the toilet with the lid down
- Keep bathroom & frequently touched surfaces such as doorknobs, countertops, dressers, and other surfaces clean and disinfected at least once a day
- Keep personal items (toothbrush, cups, cell phone, tablets, laptops, etc.) separate from those belonging to others
- Package up your garbage – empty garbage frequently and wash your hands immediately
- Find some time to go outside each day; you can stay in a private place like the yard. Do not go to school or into other public areas.
- Stay connected with Wi-Fi connection using text, email, FaceTime & be creative to find ways to interact with your host family – play games online, watch movies virtually
- Monitor your physical well-being
  - if you are not feeling well, ask your host to help you complete an online self-assessment to determine if you need further assessment or testing
  - use <https://ca.thrive.health/> for daily self-monitoring
- Establish a 'routine' as quickly as possible (don't stay awake all night and sleep all day)
- Take care with laundry: Please determine who will be doing this.
  - All clothes worn during the flight should be washed as soon as possible
  - all student clothes should be washed separately from other host family laundry

- Student will need to wash and fold his/her own laundry
- Eat in area maintaining physical distance. Do not share dishes, drinking glasses, cup or eating utensils.



## If a Student or Host Family Member Develops Symptoms or Diagnosed with COVID-19:

If anyone in the household is experiencing even mild symptoms including fever, chills, cough, shortness of breath, loss of sense of smell, headache, muscle ache, fatigue or loss of appetite they should talk to other family members and then:

- Use self-assessment tool at: <https://ca.thrive.health/>
- Follow directions on the self-assessment tool and seek medical attention or contact public health authorities if, when and how recommended

To avoid spreading COVID-19, the following may occur:

- Student will remain in the home, in accordance with Public Health direction



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