

Self-isolation plan checklist

(to be used as a guideline for arrival in Canada)



FANSHAWE
LONDON * CANADA

Confirmation of where you will be staying for the 14 days
(Private residence or hotel)

- Private residence (rented apartment)
- Private residence (with family or friends)
- Hotel
- On-campus residence

Print out the address where you will be staying and contact information, if staying at a private residence

Full address, and phone number

Proof of confirmed hotel reservations, if staying in a hotel.

Print a copy of your hotel reservations, including arrival date and checkout date

Confirmed access to delivery services for food, cleaning supplies, and medication if necessary. Remember to print any pre-arranged deliveries or services to provide as proof.

- Grocery delivery company
- Walmart delivery
- Restaurant or drug store delivery

Please specify:

- Other delivery company

Please specify:

Printed confirmation of pre-arranged transportation to get you from the airport to your self-isolation location. (This includes being picked up by family or friends, taxi or ride share, booked Robert Q transportation, etc.)

Please confirm method of pre-arranged transportation.

Confirmation that you will not isolate in a place where you will have contact with vulnerable people, such as: people 65 years or older, or people with underlying medical conditions

Make sure to check to ensure this is accurate.

While in self-isolation, you must:

- **Stay at your place** of quarantine;
- **Not leave your place** of quarantine unless it is to seek medical attention;
- **Not use public transportation** (e.g. buses, taxis);
- **Not have visitors;**
- **Not go to school, work or any other public areas.**

Tips for your Travel Plan:

- Mask and gloves
- Practice social distancing
- Wash hands frequently
- Use hand sanitizer when necessary
- Sanitize personal space and high-touch areas such as seat belts and tray tables
- Minimize trips to the washroom (flush the toilet with the seat cover down)
- Touch as few surfaces as possible
- Keep cell phone charged
- Bring some food as restaurants or stores may be closed
- Bring a refillable water bottle

Essential Documents Checklist:

- Valid passport (or proof of citizenship for U.S. citizens)
- Valid Canadian Temporary Resident Visa (if applicable)
- Letter of Introduction issued by the Canadian Visa Office that approved your Study Permit application. Submit this letter to a Canadian Immigration Officer when you arrive at the border to obtain your actual Study Permit.
- Letter of Acceptance from Fanshawe College
- Proof of funds available for your stay in Canada (money transfer, letter of credit, scholarship letter, or other proof)
- Marriage Certificate and/or proof of common-law status (if applicable)
- Any other documents recommended by the Canadian Visa Office where you applied for your Study Permit
- Carry all of the above documents with you when you travel to Canada and be prepared to show them to the Canadian Immigration officials at the Canadian Port of Entry (e.g. the airport).

*Note: Do not pack these documents in your checked luggage. Make photocopies to leave with family or friends at home.

Other important documents to consider:

- a list of any items that you are sending separately or which you do not clear through customs when you arrive. Have the list stamped by immigration, if possible.
- medical and immunization (vaccination) records, translated, if possible
- medical insurance policy (if applicable)
- driver's licence or international driver's licence, driving insurance records, and vehicle registration and insurance papers if you plan to drive in Canada
- a list of important phone numbers