

International Student Pre-Arrival and Quarantine Accommodation Information



PROTÉGÉ SCHOOL

This Form **MUST** be completed and emailed to students@protegeschool.com upon you receipt of the Admission Acceptance Letter from the School and no later than eight (8) weeks prior to your arrival date.

Part A: STUDENT INFORMATION

Student Number

Last (Family) Name:

First (Given) Name

Home Address

House Number

Street Name

Apt Number

City

Province / State

Postal Code

E-mail

Confirm E-mail Address

DO YOU NEED QUARANTINE ACCOMMODATION?

☐ Yes

☐ No, I am in Canada already, do not need quarantine.

ANY FOOD ALLEGIES/RESTRICTIONS?

☐ Yes

☐ No

If yes, state your foods allergy and restrictions

It is **MANDATORY** for international students to be **fully vaccinated**. If you answer "YES" to you need Quarantine Accommodation, you **MUST** have a quarantine plan for 3 days. This is mandatory, if you don't have a quarantine plan, **YOUR SHOULD NOT travel to CANADA**. You **MUST (no exceptions)** use the School's arranged mandatory 3-day quarantine accommodation and require to pay in full for this 3-day quarantine accommodation in advance. **In any of circumstances, should you choose not to proceed to study due to this additional accommodation cost, you will be entitled for the fee refund of your prepaid tuition and other fees DEDUCTING the allowable retainer fee CAD\$500.00 [According to Fee Refund Policy as Prescribed under PCC Act, 2005 - s. 25 to 33 of O. Reg. 415/06].**

☐ for one person CAD\$5,500.00

☐ for two persons CAD\$10,500.00

☐ for three persons CAD\$15,000.00

☐ for four persons CAD\$19,000.00 (Maximum number for a family)

If your answer if "YES", you **MUST** also complete Parts B and C

Part B: FLIGHT INFORMATION

You **MUST** use the School's airport up arrangements. Airport pickup cost(s) must be paid in advance.

Airport pickup cost for one person: **CAD\$250.00**

For two to maximum four persons: **CAD\$100.00 each additional person**

Arrival Date

Arrival Time

Flight No:

Number of pieces of luggage

Toronto Pearson Terminal Arrival Hall Number

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Part C: QUARANTINE INFORMATION [only Accommodation in compliance to the orders under the Quarantine Act and guidelines of the Government of Canada and meets the requirements of the Ontario public Health Authorities will be approved]

Quarantine Accommodation Address

House Number Street Name Apt Number

City Province / State Postal Code

Telephone Number E-mail Address

Part D: FAMILY MEMBERS INFORMATION (if you have family member accompanying you to Canada)

Relationship to you (Family member No:1)

Family Member Last (Family) Name: Family Member First (Given) Name

Home Address

House Number Street Name Apt Number

City Province / State Postal Code

E-mail Confirm E-mail Address

Relationship to you (Family member No:2)

Family Member Last (Family) Name: Family Member First (Given) Name

Home Address

House Number Street Name Apt Number

City Province / State Postal Code

E-mail Confirm E-mail Address

***For any additional Family Members, please provide their required information on a new page.

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Part E: MEDICAL INSURANCE COVERAGE

DO YOU NEED MEDICAL INSURANCE IN CANADA?

- ☐ Yes
- ☐ No, I (and my family members) already have appropriate medical insurance coverage. Proof of this insurance MUST provide with this Information Form.

If YES, please complete the following required information

1. Student Personal Information:

Last (Family) Name:

First (Given) Name

☐ Female

☐ Male

Date of Birth (DD-MMM-YYYY)

Name of the Beneficiary

Relationship

2. Family Member Information:

Last (Family) Name:

First (Given) Name

☐ Female

☐ Male

Date of Birth (DD-MMM-YYYY)

Name of the Beneficiary

Relationship

3. Family Member Information:

Last (Family) Name:

First (Given) Name

☐ Female

☐ Male

Date of Birth (DD-MMM-YYYY)

Name of the Beneficiary

Relationship

4. Family Member Information:

Last (Family) Name:

First (Given) Name

☐ Female

☐ Male

Date of Birth (DD-MMM-YYYY)

Name of the Beneficiary

Relationship



Part F: PRE-ARRIVAL AND POST-ARRIVAL SUPPORT AND INFORMATION

1. COVID-19: Admission Updates for International Students

1.1 What is COVID-19 (coronavirus)

COVID-19 is a viral infectious disease that can vary in severity, with some individuals having no, or very mild symptoms, others may develop respiratory symptoms, including pneumonia, and some may develop severe and life-threatening multi-system disease. COVID-19 has been declared a pandemic by the World Health Organization [WHO], meaning it is circulating globally, and there is little to no population immunity to the disease. Most people who are infected with COVID-19 will have a mild illness and will recover on their own. Some people who have more severe cases of COVID-19 will require care from a health care provider or hospitalization. COVID-19 may be diagnosed by a health care provider based on signs and symptoms, and/or confirmed through laboratory tests. For more information about COVID-19 and its signs and symptoms, consult the Government of Canada's website at www.canada.ca/coronavirus.

1.2 During the coronavirus [COVID-19] pandemic, Protégé School has specific plans, protocols and guidelines in compliance to Government of Canada, Provincial and Municipal Governments related to managing risks associated with COVID-19 in place to protect the students and the faculty members and the general public. Protégé School is committed to following and enforcing all rules and regulations according to the Quarantine Act during the mandatory quarantine period. **Protégé choose to mandate the minimum 3-day quarantine for all its international students.**

- 1.2.1 Currently, Protégé requires all international students to be fully vaccinated, international students may enter Canada for the purposes of pursuing a program of post-secondary study, for which they have secured a study permit or approval, subject to conditions set out in the Quarantine Act, and Emergency Orders made under the Quarantine Act, if applicable.
- 1.2.2 All travellers entering Canada, including international students, are required to undergo the necessary health checks, must wear a non-medical mask or face covering during travel, including to their place of quarantine, and they must quarantine (if asymptomatic) or isolate (if symptomatic) for 14 days upon arrival in Canada, in accordance with the requirements set out in the Emergency Order Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation) No. 3. Upon arrival, international students must arrange with the School for a plan in place to support their initial 3-day mandatory quarantine or isolation period in Canada.
- 1.2.3 Failure to comply with this Order is an offense under the Quarantine Act. Maximum penalties include a fine of up to \$750,000 and/or imprisonment for six months. Further, a person who causes a risk of imminent death or serious bodily harm to another person while willfully or recklessly contravening this Act or the regulations could be liable for a fine of up to \$1,000,000 or to imprisonment of up to three years, or to both. Spot checks will be conducted by the Government of Canada to verify compliance. Please note in addition to the offenses under the Quarantine Act, international students and their dependents, as Temporary Residents or Foreign Nationals authorized entry, may face consequences under the Immigration and Refugee Protection Act, such as being deemed inadmissible and subject

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to a removal order, for any non-compliance with quarantine requirements under the Quarantine Act.

- 1.2.4 International students will be reminded that a student permit alone is not a travel authorization. Immigration, Refugees and Citizenship Canada [IRCC] will communicate to international students once travel authorization has been granted and remind the international students that this authorization may be cancelled if the circumstances in their destined institution or province change.
- 1.2.5 International students enter Canada **MUST** have a plan for quarantining for at least 3 days in advance of their first day of their program of study in order to be in compliance with the existing Emergency Order under the Quarantine Act, requiring mandatory quarantine upon arrival. It is **MANDATORY** for international student to use school arranged quarantine accommodation to ensure there are appropriate arrangements in place for their quarantine, which includes physical distancing from others, **and avoiding contact with vulnerable people such as people 65 years or older, or people with underlying medical conditions. Public living areas should be avoided. As such, hostels and residences with shared living accommodations are not acceptable for quarantine or isolation.**
- 1.2.6 International students must complete their quarantine accommodation arrangement with the School at least 8 weeks prior to their arrival date.
In addition, students are responsible for following the requirements of federal quarantine, and other COVID-19 guidelines and advice as issued by the Government of Canada <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>, the province or territory, the municipality where the student will reside at the quarantine accommodation arranged by the School where the student will study.
International students should confirm their eligibility for health-care coverage in Canada and, if not covered, they should make arrangements to purchase comprehensive private health insurance that includes COVID-19 coverage, before departure.
- 1.2.7 Upon arrival, Border Services Officers will assess the circumstances surrounding the student's travel.
 - 1.2.7.1 Every person entering Canada shall, immediately after entering, present themselves to a screening officer at the nearest entry point before meeting with the School's representative.
- 1.2.8 Students **MUST** download the **ArriveCan App**, which makes it easier to provide mandatory information upon entering Canada.
- 1.2.9 In addition, during their stay in Canada, international students must continue to comply with the federal, provincial and territorial laws and regulations, as well as the guidelines established by local authorities and their respective institutions.

2 For International Students who wish to apply to study at Protégé School in Fall 2020 and on must:

2.1: Apply for Admission

Refer to our website **"International Student"** on HOW TO APPLY

2.2: What you need to know before leaving your country and upon arrival in Canada?

- 2.2.1 International students is advised to visit Ontario government website for Covid-19 self-assessment <https://covid-19.ontario.ca/self-assessment/>. You **MUST** undergo the necessary

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health checks and tests, even you do not have any symptoms and fully vaccinated before leaving your country to Canada.

2.2.1.1 Every person entering Canada shall, immediately after entering, present themselves to a screening officer at the nearest entry point to be actively screened for signs and symptoms of COVID-19, before meeting with the School's representative.

- 2.2.2 International students must attend our virtual orientation session 2 weeks prior to leaving for Canada. During the orientation session, you will be briefed the school's academic requirements and policies; the appropriate infection prevention and control protocols; health and safety guidelines; how to prepare yourself before leaving your country, necessary health checks and test for Covid-19, the necessities you are allowed to bring to Canada, details of transportation to and from the testing site and so on. You may ask questions during the session and/or email us for any questions that may concern you.
- 2.2.3 Before leaving your country, all international students **MUST** finalize their arrival arrangements, airport pickup, accommodations, accommodation for the **mandatory School's arranged 3-day quarantine period**, Medical Insurance, Medical care provider, quarantine plan and other arrival arrangements with Protégé's Registrar office. A detail of the arrival arrangements, quarantine plan and the School contact information will be emailed to you no later than 2 weeks prior to your arrival.
- 2.2.4 All travellers entering Canada, including international students, must wear a non-medical mask or face covering during the entire travel time. Please prepare appropriate sufficient personal protective equipment (PPE) for your travel and for the arrival.
- 2.2.5 Any international students with COVID-19 symptoms will not be allowed to board their flight to Canada. If symptoms occur upon arrival, a health assessment will be performed by a Public Health of Canada (PHAC) Officer and the international student may not be allowed to enter Canada, or if necessary, the international student may be transported to a hospital for a medical examination. Among other requirements to be granted entry to Canada, an international student will be required to demonstrate to a Border Services Officer, or PHAC Officer, that they have a suitable plan for quarantine in place (please present the arrival arrangements and quarantine plan Protégé's Registrar office provided); otherwise, the international students may be refused entry.
- 2.2.6 All International students enter in Canada **MUST quarantine** (if asymptomatic) or **isolate** (if symptomatic) for 14 days upon arrival in Canada, in accordance with the requirements set out in the Emergency Order Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation).
- 2.2.7 Any international student who is found to be in violation of the mandatory 3-day quarantine period may be penalized under Canadian law.**
- 2.2.8 Upon arrival, international students **must be having a plan with School in place to support their initial 3-day mandatory quarantine** or isolation period in Canada in advance of your first day of the program.

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2.2.9 All international students are asked to locate the school's airport pickup personnel immediately after custom clearance; **MUST** use the pre-arranged airport pickup transportation directly to the assigned quarantine accommodation that you will be living for 14 days mandatory quarantine period. The school will arrange for your food and/or meals, medications, personal hygiene items, and locating a doctor for your medical services if required during this 3-day quarantine period.

2.2.10 The School contact information during the quarantine period for any of your concerns: Tina Wang, Angela Bennett and/or Cheng Tan at Tel: 416-754-9866 during weekend day office hours from 9:00am to 6:00pm and Tel: 647-835-6002 during weekend and after office hours.

2.2.11 During the mandatory 3-day quarantine period, you [and your family member(s)] will undergo COVID-19 test within 4-5 days of arrival. You [and your family member(s)] MUST remain conducting self-assess and monitor your conditions on daily basis even your test result is negative.

- To get tested, [find an assessment centre in Toronto](https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/covid-19-have-symptoms-or-been-exposed/covid-19-assessment-centres/).
<https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/covid-19-have-symptoms-or-been-exposed/covid-19-assessment-centres/>
 - Results can take up to four days.
 - You may contact Toronto Public Health at 416-338-7600.
 - Individuals without a health card must follow up with the assessment centre or testing physician directly for lab results.

2.2.12 After the 3-day mandatory quarantine period, the international students must work with the school to monitor their ongoing health and safety of students. The school will arrange outreaches to international students to ensure you are familiar with Canadian public health expectations and practices, as well as protocols for infection prevention or control and management in the event of an outbreak, or if a student requires medical attention.

3 Researches about Living and Studying in Canada and what to bring

Living and studying in another country can be very stressful, frightening and at the same time can be very exciting. Researching information about Canada will assist you understand more about Canada before leaving your country for Canada. We strongly recommend you to do research on:

- 3.1. Your arrival Province and City, which is Ontario, Toronto; visit [About-Toronto](#) for more information
- 3.2. Place to stay and live after the mandatory School's arranged 3-day quarantine period: Look for a place to live ahead of time; whether you plan to rent or buy a place, you will need to consider the cost and location; do you want to live near the school; public transportation; accessibility to facilities such as shopping malls, restaurants, grocery stores, library, community centre for new comers, outdoor parks, etc.
- 3.3. Canada / Ontario Job market: are you looking for job during your time in Canada. Visit <https://www.ontario.ca/page/labour-market>
- 3.4. Things to bring to Canada
 - 3.4.1. Appropriate clothing for Canada weather
 - 3.4.2. Have access to enough monies to support you [and your family members]
 - 3.4.3. Small electrical appliances, cell phone, computer, tablets. In Canada, our electrical systems operate at 110 volts and 60 Hz with most appliances have Three-pin plug and some North America standard two-pin plug. You may need to purchase a converter in order to be able to use the electrical appliance you brought in.

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- 3.4.4. Any prescription medications, if you have legitimate health condition(s); pack all medications in your carry-on baggage in their original, labelled containers to facilitate airport security and customs screening. as some drugs may consider illegal in Canada, you MUST visit <https://travel.gc.ca/travelling/health-safety/medication> for more information about the medications you are intended to bring to Canada.
- 3.4.5. Sufficient amount of Personal Protected Equipment (PPE) to be worn during your entire trip to Canada and the first 2 months in Canada [the School will provide or/and help you to procure more in Canada; provide a barrier to help prevent potential exposure to infectious disease. These items include:
- gloves
 - gowns
 - masks and respirators; masks with visor attachment
 - eye protection – googles; face shield
- 3.4.6. You are not allowed to bring any food into Canada
- 3.4.7. If you are planning to bring valuable goods such as electronic items, car, into Canada, make a list of these goods with their serial number, model, make and the approximate value in Canadian funds that you will need to declare on arrival.
- 3.4.8. For more information about Canada Customs, please visit <https://www.cbsa-asfc.gc.ca/menu-eng.html>

4 Orientation and Downloading ArriveCAN App prior to your departure to Canada

4.1 You [and your family members] who will be travelling with MUST attend our visual orientation on:

- school's academic requirements and policies
- the mandatory requirements and information on COVID-19; the appropriate infection prevention and control protocols; health and safety guidelines
- Infection Prevention and Control (IPAC) online learning according to Ontario Public health protocols and guidelines; refer to **Appendix A** - <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en>
- how to prepare yourself before leaving your country
- necessary health checks and test for Covid-19,
- the necessities you are allowed to bring to Canada and so on
- COVID-19 Social Stigma and how to seek Help
- You may ask questions during the session and/or email us for any questions that may concern you.

4.2 You and your Family members travelling with you **MUST download ArriveCAN App**:



Use this mobile app to speed up your arrival process in Canada and spend less time with border and public health officers. Submit your information easily and securely using the app within 48 hours before arriving in Canada. The app helps you to:

- provide mandatory information that's required for entry into Canada
- reduce your wait time and points of contact at the border

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- provide the Government of Canada with voluntary updates on your quarantine compliance and the development of any symptoms during the 14 days after arriving in Canada
- Download the ArriveCAN app [[iOS](#), [Android](#) or [web format](#)]. Make sure you have the official version by downloading it [here](#).

5. Arriving in Canada

5.1 **Every person entering Canada shall, immediately after entering, present themselves to a screening officer at the nearest entry point before meeting with the Institutes representative.** International students **MUST** enter Canada **with a plan for quarantining that is arranged by the School** for at least 15 days in advance of their first day of their program of study in order to be in compliance with the existing Emergency Order under the Quarantine Act, requiring mandatory quarantine upon arrival. If you do not have one, you **SHOULD NOT** travel to Canada. You **MUST** wear face covering, maintain physical distancing and hand hygiene throughout the entire travel time.

5.2 You will be picked up at the airport and to the pre-arranged mandatory 3-day quarantine accommodation with **ABSOLUTELY NO** diversions to anywhere. New medical facemask will be provided; dispose the used mask correctly.



5.3 School Arranged Quarantine accommodation options and settings;

5.3.1 Holiday Inn Toronto Airport East 600 Dixon Rd, Toronto (416)240-7511

https://www.ihg.com/holidayinn/hotels/us/en/toronto/yyzae/hoteldetail?cm_mmc=GoogleMaps_-_HI_-_CA_-_YYZAE

- Standard single person room non-smoking, single king or double queen beds with hypoallergenic duvets
- Private bathroom
- Room includes deep cleaning with hospital-grade disinfectants, enhanced procedures, may include: face covering requirements, various ways to reduce contact throughout the hotel, social distancing measures within public spaces and procedures based on local authorities' guidance and/or advice.
- Free Wi-Fi and HD channels
- In room safe and mini fridge; desk with ergonomic chair
- Accessibility and 24-hours attendance for emergency calls

5.3.2 Four Points by Sheraton Toronto Airport 6257 Airport Rd, Mississauga (905)678-1400

<https://www.marriott.com/hotels/hotel-rooms/yyzpa-four-points-toronto-airport/>

- Standard single person room non-smoking, single king or double queen beds with hypoallergenic pillows
- Private bathroom
- Room includes deep cleaning with hospital-grade disinfectants, enhanced procedures, may include: face covering requirements, various ways to reduce contact throughout the hotel, social distancing measures within public spaces and procedures based on local authorities' guidance and/or advice.
- Disinfecting wipes in each room
- Free Wi-Fi and HD channels; In room safe and mini fridge; desk with ergonomic chair
- Accessibility and 24-hours attendance for emergency calls

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- 5.4 Food and beverage will be provided in this quarantine period; any additional requests for supplies during this period may require a minimum 48 to 72 hours email notification, email your request to international@protegeschool.com.

- 5.5 You [and your family members] MUST conduct daily self-assessment for COVID-19 symptoms. Protégé School will monitor your self screening daily by phone call. All records will be kept private and confidential and will be discarded after 30 days. We will be monitoring daily for;

5.5.1 Development of new symptoms

5.5.2 Compliance with Quarantine

5.5.3 To ensure essential needs are met

- 5.6 Steps to take if you [or your family members] have the symptoms or have been exposed

5.6.1 Stay in; self-isolate and contact Telehealth at 1-800-797-0000

5.6.2 Get tested, and seek treatment, if required

5.6.3 Contact the school 416-754-9866 [within 24 hours]

- 5.7 COVID-19 Testing arrangement will be made for you [and your family members] in 8 days of arrival. After you arrive in Canada, a representative of the Government of Canada will call you to monitor compliance with your mandatory quarantine or isolation. We ask that you please answer calls from 1-888-336-7735. Details of transportation to and from the testing site; Protégé School will provide:

5.7.1 A Taxi or ride share vehicle will be provided for transportation to the testing site. All taxi and ride share vehicle drivers and passengers must follow all Toronto public health recommendations and all provincial mandatory regulations set out to prevent the spread of Covid-19.

<https://www.toronto.ca/wp-content/uploads/2020/03/8d19-COVID-19-Guidance-for-Taxi-Ride-Share-Employers-Drivers-Vehicle-Owners.pdf>

- Practice hand hygiene and respiratory etiquette
- Perform routine environmental cleaning and disinfection of vehicles
- Practice additional preventative measures while transporting passengers

5.7.2 Non-medical masks, appropriate PPE, protocols for social distancing

- 5.8 Any changes to your [and your family members] information, you will need to update to yours ArriveCAN App and email to international@protegeschool.com

- 5.9 After the quarantine period, you (and your family members) MUST continue conduct daily self-assessment for COVID-19 symptoms, if you [or any of your family members] have any symptoms or have been exposed, please do the procedures listed above: 5.5

- 5.10 Should you the student and/or your co-arriving family member(s) require an extension to the quarantine period because you/they become symptomatic with COVID-19 and/or test positive, the school/designated host will continue to provide all necessary quarantine supports such as; food and water, medications, personal hygiene items, and locating medical services.

COVID-19 SYMPTOMS



FEVER

COUGH

SHORTNESS
OF BREATH

SORE THROAT

HEADACHE



- 5.11 Upon completion of the mandatory 3-day Quarantine, all records of daily Assessment Health checks of the Student and their co-arriving family will be kept private and confidential for 30 days and then discarded.
- 5.11.1 All screening results upon arrival to the physical institution of Protégé School will be kept private and confidential for 30 days and then discarded. Unless the attending student/guest discloses confirmation of COVID-19 symptoms, they will be directed to not enter the premises, self-isolate and/or get tested.
- 5.12 You can report to school for your online or in-person classes completing the 3-day quarantine, and you are showing no symptoms for 24 hours.
- 5.13 If it is deemed socially safe, according to Ontario Health and Public health safety measures and you are new student who is new to Canada, you may request a City tour day trip with your designated representative to arrange.

6 Reducing Social Stigmas and Discrimination Associated with Covid-19

- 6.1 What is social stigma? Social stigma in the context of health is the negative association between a person or group of people who share certain characteristics and a specific disease. In an outbreak, this may mean people are labelled, stereotyped, discriminated against, treated separately, and/or experience loss of status because of a perceived link with a disease. Such treatment can negatively affect those with the disease, as well as their caregivers, family, friends and communities. People who don't have the disease but share other characteristics with this group may also suffer from stigma. The current COVID-19 outbreak has provoked social stigma and discriminatory behaviours against people of certain ethnic backgrounds as well as anyone perceived to have been in contact with the virus.
- 6.2 What is the impact? Stigma can undermine social unity and persuade social isolation of groups, which might contribute to a situation where the virus is more, not less, likely to spread. This can result in more severe health problems and difficulties controlling a disease outbreak. Stigma can:
- Drive people to hide the illness to avoid discrimination
 - Prevent people from seeking health care immediately
 - Discourage them from adopting healthy behaviours
- 6.3 How to address social stigma? Evidence clearly shows that stigma and fear around communicable diseases delay the response. What works is:
- Building trust in reliable health services by providing accurate and consistent information and updated advice
 - Showing empathy and encouragement with those affected. Sharing stories and experiences humanizes the struggles by individuals and groups.
 - Understanding the disease itself and spread the facts. Correct misconceptions and challenge the myths and stereotypes
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
 - Adopting effective, practical measures people can help to keep loved ones safe as well as promoting the importance of prevention, lifesaving actions, early screening and treatment

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- Take care of your mental and physical health during the COVID-19 pandemic
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html>
- Creating an environment where the impact of the disease can be addressed openly, honestly and effectively
- When talking about coronavirus disease, certain words and language may have a negative meaning for people and fuel stigmatizing attitudes
- Choose a “language” or choice of words that respects and empowers people
- Below are some dos and don'ts on language when talking about the new coronavirus disease (COVID-19):

DO'S	DON'T'S
DO – Talk about the new coronavirus disease (COVID-19)	Don't - attach locations or ethnicity to the disease, this is not a “Wuhan Virus”, “Chinese Virus” or “Asian Virus”. The official name for the disease was deliberately chosen to avoid stigmatization - the “co” stands for Corona, “vi” for virus and “d” for disease, 19 is because the disease emerged in 2019.
DO - talk about “people who have COVID-19”, “people who are being treated for COVID-19”, “people who are recovering from COVID-19” or “people who died after contracting COVID19”	Don't - refer to people with the disease as “COVID-19 cases” or “victims”
DO - talk about “people who may have COVID-19” or “people who are presumptive for COVID-19”	Don't - talk about “COVID-19 suspects” or “suspected cases”.
DO - talk about people “acquiring” or “contracting” COVID-19	Don't talk about people “transmitting COVID-19” “infecting others” or “spreading the virus” as it implies intentional transmission and assigns blame. Using criminalizing or dehumanizing terminology creates the impression that those with the disease have somehow done something wrong or are less human than the rest of us, feeding stigma, undermining empathy, and potentially fueling wider reluctance to seek treatment or attend screening, testing and quarantine.
DO - speak accurately about the risk from COVID-19, based on scientific data and latest official health advice.	Don't - repeat or share unconfirmed rumours, and avoid using hyperbolic language designed to generate fear like “plague”, “apocalypse” etc.
DO - talk positively and emphasize the effectiveness of prevention and treatment measures. For most people this is a disease they can overcome. There are simple steps we can all take to keep ourselves, our loved ones and the most vulnerable safe.	Don't - emphasize or dwell on the negative, or messages of threat. We need to work together to help keep those who are most vulnerable safe.



DO - emphasize the effectiveness of adopting protective measures to prevent acquiring the new coronavirus, as well as early screening, testing and treatment.	
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7. Mental health services and supports

If you're in immediate danger or need urgent medical support, call 911.

7.1 Are you in crisis? [access a crisis line](#).

➤ [Assaulted Women's Helpline](#)

Toll free: 1-866-863-0511 [multilingual services available]

Toll free TTY: 1-866-863-7868

or #SAFE [#7233] on your Bell, Rogers, Fido or Telus mobile phone

➤ [Talk4Healing](#)

Toll free: 1-855-554-4325 (multilingual services available)

- You may also access support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls by texting WELLNESS to:
- (i) 686868 for youth
 - (ii) 741741 for adults

7.2 Feeling anxious about COVID-19? **Fear, stress and worry are normal in a crisis**

7.2.1 The COVID-19 pandemic has resulted in many changes. You might feel like you're no longer in control of things. It's normal to feel sad, stressed, confused, scared or worried. People react in different ways. Some common feelings include:

- a sense of being socially excluded or judged
- concern about your children's education and well-being
- fear of getting sick with COVID-19 or of making others sick
- worry about losing your job, not being able to work or finances
- fear of being apart from loved ones due to isolation or physical distancing
- helplessness, boredom, loneliness and depression due to isolation or physical distancing

7.2.2 Tips for taking care of yourself

- Stay informed but take breaks from social media and the news.
- Practise physical distancing, but stay socially connected to friends and family through:
 - ✓ Email - international@protegeschool.com
 - ✓ phone calls – 416-754-9866 or 647-835-6002
 - ✓ video chats
 - ✓ Official website and social media – www.protegeschool.com; WeChat; Facebook
- Practise mindfulness by:
 - ✓ stretching
 - ✓ meditating
 - ✓ taking deep breaths
- Try to:
 - ✓ eat healthy meals



- ✓ exercise regularly
- ✓ get plenty of sleep
- Follow safe food handling and cooking practices to keep you and your family safe by killing the virus and lowering your risk of infection.
- Think about how to use any unexpected flexibility in your daily routine.
- Focus on the positive aspects of your life and things you can control.
- Be kind and compassionate to yourself and others.
- If you can, limit your use of substances.
- If you do use substances, practise safer use and good hygiene.

8. Primary Healthcare services

If you're in immediate danger or need urgent medical support, call 911.

- Ontario Telehealth - [1 866-797-0000](tel:18667970000)
- Public Health Agency of Canada COVID-19 information Line [1-833-784-4397](tel:18337844397)
(Interpretation services are available in multiple languages).
- Local Walk-in Medical centers:
 - ❖ Silver Star Medical Centre - 385 Silver Star Blvd, Scarborough, ON
 - ❖ **Phone:** [\(416\) 551-2888](tel:4165512888)
 - ❖ Glendower Walk-in Clinic - 331 Glendower Circuit, Scarborough, ON
 - ❖ **Phone:** [\(416\) 609-2020](tel:4166092020)
- Local Hospitals:
 - ❖ Grace Emergency Centre - 3030 Birchmount Rd, Scarborough, ON
 - ❖ **Phone:** [\(416\) 495-2550](tel:4164952550)

International Student Pre-Arrival and Quarantine Accommodation Information



PROTÉGÉ SCHOOL

Part G: ATTESTATION FOR INTERNATIONAL STUDENT and FAMILY MEMBER(S)

For Student:

By signing this form, I, _____, attest that:

- i. I **AGREE** to arrive at the designated Accommodation for mandatory 3-day quarantine directly from the point of entry into Canada;
- ii. I **CONFIRM** that there will be no planned or unplanned stops during travel to the quarantine site;
- iii. I **UNDERSTAND** the possible consequences and liabilities in the event I commit an offence under the federal Quarantine Act subsection (1);
- iv. I **PLEDGE and CONFIRM** and confirm that I have complete understanding of my pre- arrival and mandatory quarantine requirements upon arrival to Canada.

Signature

Date

For Family Member No: 1:

By signing this form, I, _____, attest that:

- i. I **AGREE** to arrive at the designated Accommodation for mandatory 3-day quarantine directly from the point of entry into Canada;
- ii. I **CONFIRM** that there will be no planned or unplanned stops during travel to the quarantine site;
- iii. I **UNDERSTAND** the possible consequences and liabilities in the event I commit an offence under the federal Quarantine Act subsection (1);
- iv. I **PLEDGE and CONFIRM** and confirm that I have complete understanding of my pre- arrival and mandatory quarantine requirements upon arrival to Canada.

Signature

Date

For Family Member No: 2:

By signing this form, I, _____, attest that:

- i. I **AGREE** to arrive at the designated Accommodation for mandatory 3-day quarantine directly from the point of entry into Canada;
- ii. I **CONFIRM** that there will be no planned or unplanned stops during travel to the quarantine site;
- iii. I **UNDERSTAND** the possible consequences and liabilities in the event I commit an offence under the federal Quarantine Act subsection (1);
- iv. I **PLEDGE and CONFIRM** and confirm that I have complete understanding of my pre- arrival and mandatory quarantine requirements upon arrival to Canada.

Signature

Date

International Student Pre-Arrival and Quarantine Accommodation Information



PROTÉGÉ SCHOOL

Part G: ATTESTATION FOR INTERNATIONAL STUDENT and FAMILY MEMBER(S) (continue)

For Family Member No 3:

By signing this form, I, _____, attest that:

- v. I **AGREE** to arrive at the designated Accommodation for mandatory 3-day quarantine directly from the point of entry into Canada;
- vi. I **CONFIRM** that there will be no planned or unplanned stops during travel to the quarantine site;
- vii. I **UNDERSTAND** the possible consequences and liabilities in the event I commit an offence under the federal Quarantine Act subsection (1);
- viii. I **PLEDGE and CONFIRM** and confirm that I have complete understanding of my pre- arrival and mandatory quarantine requirements upon arrival to Canada.

Signature

Date

For Family Member No: 4:

By signing this form, I, _____, attest that:

- v. I **AGREE** to arrive at the designated Accommodation for mandatory 3-day quarantine directly from the point of entry into Canada;
- vi. I **CONFIRM** that there will be no planned or unplanned stops during travel to the quarantine site;
- vii. I **UNDERSTAND** the possible consequences and liabilities in the event I commit an offence under the federal Quarantine Act subsection (1);
- viii. I **PLEDGE and CONFIRM** and confirm that I have complete understanding of my pre- arrival and mandatory quarantine requirements upon arrival to Canada.

Signature

Date

International Student Pre-Arrival and Quarantine Accommodation Information



PROTÉGÉ SCHOOL

Part H: CHECKLIST FOR INTERNATIONAL STUDENT PRIOR TO DEPARTURE TO CANADA

- ☐ Prepare your important documents, if your documents and records are in other languages than in ENGLISH or FRENCH, these documents must be accompanied by a notarized, official translation into English.
- ☐ Valid Passport, MUST have at least six (6) months validly at the time of arrival
- ☐ Canadian Immigration Papers - Valid Student permit/ Visa and/or approval papers
- ☐ Personal Certificates: Birth, adoption, guidance paper, Marital Status and/or other certificates/papers for
- ☐ Medical Records – immunization records, COVID-19 full vaccination proof; COVID-19 test result [you will be arranged to be tested again within 8 days of your arrival], Medical Insurance in Canada, Medical care provider's contact information
- ☐ Identification Cards with Photo – Citizenship Card, Permanent Resident Card, Valid Driver License/International Driver license [with valid Driving insurance record, if you plan to drive in Canada]
- ☐ Proof that you have enough money for tuition fees; living expenses for yourself and any family members who accompanying you to Canada. Proof such as funds in your bank accounts and/or funds you travel with. However, if you are travelling with any currencies and/or monetary instruments valued more than CAN\$10,000, you must declare for custom clearing. Monetary instruments include, but not limited to any types of cheques, traveler's cheques, bank drafts, money orders, bonds, stocks.
- ☐ your family ties' relationship and information you may have: Names of the family in Canada, addresses, contact information.
- ☐ School's Acceptance letter.
- ☐ Address(es) in Canada [including the temporary address you will be resided during the MANDATORY 3-day quarantine period **that is arranged by the School**].
- ☐ School's Entry letter outlining the details of your Arrival arrangements, quarantine accommodation information.
- ☐ Attend the School's virtual orientation and Infection Prevention and Control (IPAC) Online Learning (according to Ontario Public health protocols and guidelines)
- ☐ Download the ArriveCAN App. 48 hours before arriving in Canada; provide mandatory information.
- ☐ Pack your necessities, make sure you have what you need and aware of what you need to declare for Canadian customs and what you cannot bring to Canada.
- ☐ Reminder upon arrival to Canada; Every person entering Canada shall, immediately after entering, present themselves to a screening officer at the nearest entry point before meeting with the Institutes representative.
- ☐ Complete this Application form; you and your family members travelling with you MUST sign the attestation section and submit it 8-week prior to your departure date to Canada



Appendix A

Coronavirus Disease 2019 (COVID-19)

Cleaning and Disinfection for Public Settings

This document provides guidance on cleaning and disinfection of public settings, including schools, transit, colleges/universities and other workplaces in Ontario. For more information, please contact your local public health unit.

What you should know

- Commonly used cleaners and disinfectants are effective against COVID-19.
- Frequently touched surfaces are most likely to be contaminated.
- Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
- Check the expiry date of products you use and always follow manufacturer's instructions.

Clean frequently touched surfaces twice per day

- In addition to routine cleaning, surfaces that have frequent contact with hands should be cleaned and disinfected twice per day and when visibly dirty.
- Examples include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
- In addition to routine cleaning, check with your organization for any specific protocols for cleaning for COVID-19.





Select products

Cleaners

- Break down grease and remove organic material from the surface.
- Used separately before using disinfectants.
- Can be purchased with cleaner and disinfectant combined in a single product.

Disinfectants

- Have chemicals that kill most germs.
- Applied after the surfaces have been cleaned.
- Have a drug identification number (DIN).

Disinfectant Wipes

- Have combined cleaners and disinfectants in one solution.
- May become dry due to fast drying properties. Should be discarded if they become dry.
- Not recommended for heavily soiled surfaces.

Prepare products for use

- Where possible, use pre-mixed solution.
- Read and follow manufacturer's instructions to:
 - properly prepare solution
 - allow adequate contact time for disinfectant to kill germs (see product label)
 - wear gloves when handling cleaning products including wipes
 - wear any other personal protective equipment recommended by the manufacturer

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. It can survive on different surfaces but can be killed by most cleaners and disinfectants.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website:

ontario.ca/coronavirus.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for environmental cleaning for prevention and control of infections in all health care settings [Internet]. 3rd ed. Toronto, ON: Queen's Printer for Ontario; 2018. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-environmental-cleaning.pdf>

The Regional Municipality of York, Community and Health Services. Proper cleaning and disinfection practices [Internet]. Newmarket, ON: The Regional Municipality of York; 2019. Available from: <https://www.york.ca/wps/wcm/connect/yorkpublic/928899a2-d56b-47af-a9a0-b6e62d8e0bb7/Proper+Cleaning+and+Disinfection+Practices.pdf?MOD=AJPERES&CVID=mVMtoGe>

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