

COVID-19 CONTROL MEASURES

Mandatory quarantine upon arrival in Canada

(Updated November 25, 2020)



To help reduce the spread of COVID-19, when you arrive in Canada:

- Go directly to your place of quarantine and wear a non-medical mask or face covering while in transit. If possible, use private transportation such as a hotel shuttle service, taxi, or private car. Please note that if someone you know [drives you in their vehicle](#), you must follow [basic health guidelines](#), sit as far from the driver as possible, and open the vehicle's windows (weather permitting). In addition, you and the driver must wear a face covering or non-medical mask and disinfect your hands and surfaces.
- Confirm that you've arrived at the address you provided for your quarantine within [48 hours](#) of your entry into Canada using [ArriveCAN](#) or by calling **1-833-641-0343**.
- Complete daily COVID-19 symptom self-assessments during your quarantine period using [ArriveCAN](#) or by calling **1-833-641-0343**.
- Carefully read and follow the Government of Québec's [Instructions on returning home from abroad](#) as well as instructions by the [Government of Canada](#).

REMINDER

While under quarantine, you are not allowed to:

- Leave your place of quarantine, except to obtain emergency medical services.
- Have any guests even if you are outside and even if you stay two metres apart.
- Use common areas such as lobbies, courtyards, restaurants, gyms, or pools in your place of quarantine.

The Government of Canada will call you during this 14-day quarantine period to verify your compliance with the mandatory quarantine order. If you arrive in Canada for the first time to study at Université Laval, the university will also contact you during your quarantine. Make sure the contact method you provided Université Laval is correct and operational.

If you are experiencing stress, anxiety, panic, or any other emotional reactions to the pandemic or your quarantine, feel free to contact the support resources available to you.

As a member of the Université Laval student community, you have access to all [Student Assistance Centre](#) services. If you'd like to speak with a counsellor about your situation, we encourage you to fill out an [assistance request form](#).

If you or a family member needs support, you can call the [Info-Social](#) hotline by dialing **8-1-1**. We also encourage you to visit the COVID-19 section of the [official Government of Québec](#) website, where you'll find tips and information sheets on issues such as [Protecting your well-being in the COVID-19 pandemic](#) and [Stress, anxiety and depression associated with the coronavirus COVID-19 disease](#).

While under quarantine, you must monitor your health for 14 days.

The appended questionnaire will help you conduct a self-assessment of your symptoms.

If you answer “Yes” to any questions in the first section of the questionnaire and/or to two questions in the second section, you must:

1. Isolate yourself from anyone else in quarantine with you.
2. Call your local Québec public health authority at **418 644-4545** (or 514 644-4545 for the region of Montréal, or 1-877-644-4545) and follow the instructions they give you. When you call, tell them that you are a student at Université Laval, you recently arrived in Canada from another country, and you are currently in quarantine. You may be asked to take a screening test (free of charge).
3. Notify Université Laval via email at covid19@ulaval.ca.
4. Carefully read the [Instructions for people with COVID-19 symptoms](#) and follow public health recommendations.

If public health officials ask you to be screened and the results are positive, you must:

1. Carefully follow all Québec public health instructions
2. Carefully read the [Instructions for people with COVID-19 in home isolation](#)
3. Notify Université Laval by completing the [COVID-19 declaration form](#)
4. Notify the Government of Canada by using [ArriveCAN](#) or by calling **1-833-641-0343**

If you develop symptoms or are affected by COVID-19, your 14-day quarantine period will be extended as prescribed by Direction générale de la santé publique du Québec. If in doubt, call **418 644-4545** (or 514 644-4545 for the region of Montréal, or 1-877-644-4545).

IF YOU HAVE HEALTH PROBLEMS DURING QUARANTINE

- **Info-Santé 811 (health info line)**

Dial **8-1-1** to speak with a nurse for non-urgent health issues.

- **Emergency (ambulance, fire, police) 911**

In the event of a serious problem or emergency, call **9-1-1** or go to the emergency room.

Always mention that you recently arrived from abroad and are currently in quarantine.

To contact Université Laval

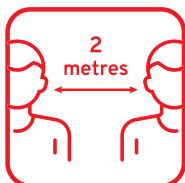
If you have questions or need assistance, you can contact [Student Life Office](#) Monday to Friday, from 8:30 a.m. to noon and 1 to 4:30 p.m.

418 656-2765

engagement@bve.ulaval.ca

In case of emergency, you can contact Université Laval 24/7 by calling **1-418-656-5555**.

REMINDER OF THE HYGIENE MEASURES TO BE APPLIED



Practice physical distancing



Wear the mask



Wash your hand as often as possible



Avoid touching your face

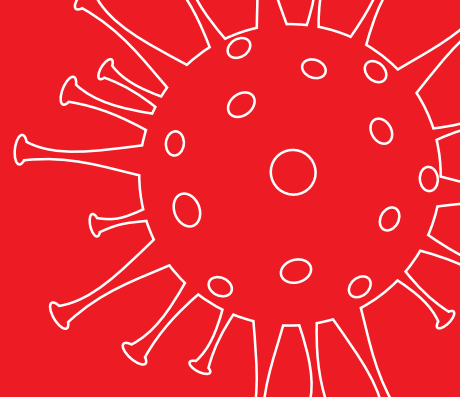


Practice respiratory etiquette



Throw soiled handkerchiefs in the trash

COVID-19 SYMPTOM SELF-ASSESSMENT QUESTIONNAIRE



This questionnaire allows you to do your self-assessment.

ARE YOU EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS? :

Do you feel feverish, have flu-like chills, or an oral temperature of 38 °C (100.4 °F) or higher?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you recently had a cough (new or worsening)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have difficulty breathing or shortness of breath?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you experienced a sudden loss of sense of smell or taste?	<input type="checkbox"/> Yes <input type="checkbox"/> No

AND/OR ARE YOU EXPERIENCING AT LEAST TWO OF THE FOLLOWING SYMPTOMS?

• Unusual intense fatigue without an obvious reason	<input type="checkbox"/> Yes <input type="checkbox"/> No
• Unusual muscle aches or pains (not related to physical exertion)	<input type="checkbox"/> Yes <input type="checkbox"/> No
• Unusual headaches	<input type="checkbox"/> Yes <input type="checkbox"/> No
• Significant loss of appetite	<input type="checkbox"/> Yes <input type="checkbox"/> No
• Nausea (upset stomach), vomiting, or diarrhea in the last 12 hours	<input type="checkbox"/> Yes <input type="checkbox"/> No
• Sore throat without any other obvious cause	<input type="checkbox"/> Yes <input type="checkbox"/> No

EXPLANATIONS

Fever: An intermittent fever, i.e., that goes away and comes back, also meets this criterion. A single oral temperature reading of 38 °C or higher also meets this criterion.

Cough: Rare individuals, such as chronic smokers, may develop a cough on a regular basis. For such individuals, a regular cough does not meet this criterion. However, any change in the cough, such as an increase in frequency or the appearance of sputum, would meet this criterion.

Difficulty breathing: Some individuals, such as people with asthma, may have reasons specific to their condition unrelated to COVID-19 that explain their difficulty breathing. Any difficulty breathing without an obvious cause would meet this criterion.

Loss of sense of smell or taste: A sudden loss of sense of smell without nasal congestion with or without loss of taste meets this criterion, whether alone or in combination with other symptoms.

