

## Suggested Quarantine Plan

I am aware of all current [federal](#) and [provincial \(Québec\)](#) quarantine obligations during the COVID-19 pandemic, and, if there are discrepancies between them, I will follow the most cautionary and stringent requirements.

Upon my arrival in Canada, I agree to observe a quarantine period of 14 days under the following conditions:

- ✓ My place of quarantine will be *[Give full details, such as hotel name, address, etc. Please also have with you proof of the place of quarantine, such as the rental lease, an email from a friend or family member, proof of hotel reservation, etc. If you have booked a hotel room through one of the deal negotiated by Université Laval, mention it and provide the following link where the details of the arrangement are mentioned: <https://www.ulaval.ca/en/covid-19/mandatory-quarantine> If other people will be in the same place, give the names, ages, and health conditions of those people.]*:
  
- ✓ When I leave the airport, I will go directly to my place of quarantine using this means of transportation *[Please also have with you proof of this, such as the telephone number of a taxi company, an email from someone you know, proof of transportation provided by your hotel, etc.]*:
  
- ✓ I have (or My place of quarantine has) the necessities of life *[Give more details, such as soap, towels, sheets, toilet paper, thermometer, mask, etc.]*:
  
- ✓ I will arrange food supplies as follows *[Give details about hotel food service options, grocery stores, and/or restaurants near your place of quarantine with delivery services, etc.]*:

- ✓ I will arrange medical supplies as follows *[Give details about the medication you have with you or pharmacies that can supply it if needed]:*
  
- ✓ I will have access to the financial resources I need for my quarantine as follows *[Provide as much proof as possible that you have an immediate access to enough funds to cover for the cost related to the quarantine period: bank account summary, cash, credit card with a sufficient margin, proof of pre-payment of your stay at a hotel, etc.]:*

I agree to *[Keep only the points that are relevant to your situation; you can add more if necessary]:*

- Not leave my place of quarantine during the 14 days of isolation**, except in an emergency, such as a medical emergency. If such a case arises, I will notify the emergency services and healthcare personnel that I am currently in quarantine after arriving from abroad, and I will follow all their instructions. In addition, I will wear a mask, practise physical distancing with others as much as possible, and disinfect my hands regularly.
- Wear a mask on my way from the airport to my place of quarantine, practise physical distancing with others, and disinfect my hands regularly. I will not stop unless it is necessary (for example, to get gas or buy a drive-through meal), and I will stay in the vehicle as much as possible.
- Stay two metres apart from any delivery person for my food supplies (groceries, restaurants, etc.) or medical supplies.
- Have no scheduled medical-related appointments during the quarantine period.
- [If there are other people living in your place of quarantine]* Stay on my own, as much as possible, in one room of the house or apartment, minimize my movement in common areas, and minimize my contact with other people. I will wear a mask if I have to come within two metres of other people.
- [If you have to share a bathroom with other people]* Disinfect the surfaces of the shared bathroom each time after I use it.
- Not share any personal items with others, including plates, utensils, glasses, towels, sheets, and clothing.

- Air out rooms I use, as much as possible.
- Not have any visitors, even if I am outside and stay two metres apart or wear a mask.
- Stay two metres apart from other people if I go out on my balcony or into my private yard.
- [If there are one or more animals in the place of quarantine]* Ask another resident to look after the animal(s) in my place of quarantine. In all circumstances, I agree to follow the same hygiene measures for animals as for humans and to advise other people in contact with the household pet(s) to do the same. The animal(s) must be kept indoors as much as possible. If they go outside, they must be on a leash or in a fenced area.
- Wash my hands often with soap and warm water for 20 seconds or with a solution containing at least 60% alcohol until my hands are dry, especially after eating, after using the toilet, and whenever my hands are dirty.
- Avoid touching my face as much as possible. I will sneeze or cough into either a tissue or the crook of my arm, and I will blow my nose into a tissue. If I use a tissue, I will throw it into the garbage and wash my hands as soon as possible. I will also close the toilet lid before flushing.
- Monitor my health daily, especially for the following COVID-19 symptoms: fever (a temperature over 38°C or signs of fever, such as shivering, flushed skin, excessive sweating, etc.), cough, and difficulty breathing (shortness of breath). I also agree to take my temperature once a day at the same time every day and to record it. I am aware that COVID-19 may appear as [other symptoms](#).
- Isolate myself from others if COVID-19 symptoms appear, and call the COVID-19 hotline (1-877-644-4545) and follow the instructions given.

In addition, I am aware that:

- I could be checked on to make sure I am not breaking my quarantine.
- I will have to quarantine again for a new 14-day period if COVID-19 symptoms appear during my quarantine.
- There are serious consequences for not abiding by the quarantine (a fine of up to \$750,000, up to six months of jail time, and, as a foreigner, being removed from Canada and banned from entering for one year).

Name:

Date:

Signature: