

# **IH Vancouver**

## **Covid-19 Quarantine Plan**

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## 1. Accommodation and Communication

### 1.1. Pre-Arrival Communication

Covid-19 safe arrival and quarantine protocols begin at the time an international student enrolls for a program with IHV.

Once an enrolment is received, IH advisors will provide clear instruction and documentation to students for safe travel and quarantine upon arrival in Canada. Information will be provided in the student's native language whenever necessary through correspondence. The advisors will ensure that:

- Students will be provided with a Covid-19 International Travel and Quarantine Checklist. (see Appendix 1).
- Students will be advised to download the ArriveCAN and Covid-19 BC App prior to their arrival and fill in their personal information.
- Students will be instructed to complete the BC Travel Screening form either online or from the pdf prior to departure.
- Students will need proof of coverage of appropriate medical insurance, effective on the date of arrival which includes coverage of COVID-19 during the quarantine period. E.g. Guard.me International Insurance.
- Students will have a valid passport, official Letter of Acceptance, appropriate visa and student quarantine plan which can be printed for presentation to their CBSA agent upon arrival in Canada (See Appendix 2).

### 1.2. Students' Commitment Prior to Departure

- Students will understand they need to comply with the Government of Canada's Quarantine Act including the penalties of violation which includes up to 6 months in prison and /or \$750,000 in fines.
- Students will have read, agreed and signed a copy of the IH Covid-19 International Student Safe Travel, Arrival and Quarantine Checklist.



- Students will have completed and printed a Quarantine Plan for presentation at their port of entry, and have registered via the ArriveVan App as well as any self-isolation forms or apps required by provincial authorities <https://travelscreening.gov.bc.ca/>.
- Students will have appropriate medical insurance effective the date of the student's arrival, which includes coverage for Covid-19 during the quarantine period.
- Students will have the school's official Letter of Acceptance, appropriate visa, and valid passport.



## 2. Arrangements for Quarantine

IHV will make all arrangements for each student's quarantine upon arrival at a designated quarantine site, that is equipped to follow necessary procedures to provide a safe, comfortable, full-service two-week COVID-19 quarantine period.

### 2.1 Quarantine Sites

Several hotels have been identified as designated quarantine sites for international students (See Appendix 3). All quarantine sites have implemented rigorous procedures under the Quarantine Act and follow the guidelines of the Public Health Agency of Canada and the British Columbia Center for Disease Control. These hotels are equipped to provide a full-service quarantine package to students, including:

- Private, safe transport from the airport to the hotel.
- Delivery of three meals per day to the students' room;
- A room which includes a private bathroom and is prepared with adequate toiletries, linens and other supplies for 14 days;
- Adherence of all staff to rigorous hygiene, cleanliness and physical distancing practices;
- Monitoring services to ensure the students do not leave their room.

The quarantine may also be offered at one of our designated homestay accommodation providers. These providers have established COVID-19 quarantine protocols that are in line with guidelines established by the Public Health Agency of Canada and the British Columbia Centre for Disease Control, provincial and local health authorities. These providers will ensure the international students have no contact with vulnerable populations or with people living in a communal or group setting. All providers have signed Appendix 4, the IH Vancouver Homestay Accommodation COVID-19 Quarantine Standards and Guidelines.

### 2.2. Airport Transfers

IHV works with licensed and screened partners to safely greet and transfer students to their accommodation upon arrival in Canada. The airport transfer partner will follow the transfer protocol recommended by the Public Health Agency of Canada and the BC Centre for Disease Control, including but not limited to always wearing a mask during transfer, travelling directly to the quarantine location



from the airport, private transfer with no other students sharing the ride and following cleaning protocols of vehicles between transfer.

Each quarantining student (or student-family unit) must stay in their own hotel or private room in the homestay, which includes a private bathroom. Students need to inform both their school and quarantine hotel or host in advance if they have any special needs or disabilities of which the hotel or host should be aware.

## 2.3 In Transit

While in transit to the port of departure in their home country, in airports and during flights, students will be expected to follow all recommended personal hygiene and physical distancing guideline as per their checklist, including:

- Wearing a mask and gloves.
- Washing/sanitizing hands frequently.
- Observing appropriate physical distancing.

Upon arrival, IH Vancouver will ensure that students understand the expectations around their arrival in Canada, including:

- Students must wash/sanitize their hands, wear a fresh mask and gloves and respect physical distancing requirements while in their arrival airport.
- When passing through Canadian customs, students will be required to acknowledge that they must quarantine (self-isolate) for 14 days and will be required to present their printed Quarantine Plan to the CBSA agent.
- Students will meet their pre-arranged safe transportation in a pre-arranged pick-up area. The safe transportation will be provided by the designated quarantine hotel or the IH Vancouver transfer company and will respect necessary quarantine requirements (i.e. only one passenger at a time; driver and passenger wearing masks and gloves; vehicle is sanitized between users.)
- Students must contact their advisor at IH Vancouver to confirm their arrival and pick-up by their designated transport.
- Students will be transported immediately to their designated quarantine location.
- During check-in at the quarantine site, students will wear a mask and gloves and respect all necessary personal hygiene and physical distancing guidelines.



- Immediately following check-in, students will be escorted to their room.
- The quarantine provider will contact an IH Vancouver advisor to confirm that the student(s) have arrived at their quarantine location.



### 3. During Quarantine

IH Vancouver is committed to exceptional student experience, including ensuring that all international students' 14-day quarantine period is as productive and enjoyable as possible, while adhering to strict isolation requirements. Responsibility for oversight of students in quarantine will be shared by IH Vancouver and the quarantine accommodation provider.

#### 3.1. The Role of the Quarantine Provider

Designated quarantine sites will:

- Attend to students' immediate needs, such as provision of three meals per day, any needed toiletries, linens, etc.
- Ensure appropriate sanitization measures are in place.
- Provide monitoring services to ensure that students do not leave their room during the 14-day quarantine period.

#### 3.2. The Role of IH Vancouver

IH Vancouver will:

- Conduct regular telephone or online check-ins with students to inquire about their mental and physical health.
- Provide students with the option to commence their program of study via live remote course delivery.
- Provide students with optional virtual social, wellness and entertainment activities.
- Provide students with a virtual, live orientation of IH Vancouver's COVID Safety Plan which includes policies and procedures the student is required to follow when they attend classes at the school in person.
- Provide a list of resources where students can access reliable, accurate messages about COVID-19, including COVID-19 related stigma and anti-racism supports. (See Appendix 5).



### 3.3. The role of the student

Students will:

- Be required to self-monitor for symptoms of COVID-19
- Take their body temperature daily
- Report any symptoms to their quarantine provider and their IH Vancouver Advisor immediately.

As per the students' checklist, if a student experiences any symptoms of COVID-19 during the quarantine period, he/she must follow all guidelines of the Public Health Agency of Canada and the BC Centre for Disease Control and immediately notify both their quarantine provider and their IH Vancouver advisor.

Any student who has a suspected or confirmed case of COVID-19 will be required to remain at their quarantine site until a medical practitioner has confirmed they are clear of these symptoms and/or the student has tested negative for COVID-19.

The symptoms of COVID-19 are detailed in Appendix 6.



#### 4. Communication Protocols during Quarantine

Student privacy will be respected at all times. The name of the student will not be released publicly and no information regarding the identity of the student, including their home city or birth date will be published.

Quarantine providers are instructed to notify IH Vancouver immediately should they observe any student in violation of the 14-day quarantine requirement.

IH Vancouver advisors will perform regular check-ins with students during quarantine. Students must be prepared to respond.

If an IH Vancouver student is diagnosed with a confirmed case of COVID-19 during the 14-day quarantine period, the COVID-19 Communication plan will be followed.



## 5. Protocol for a Suspected Case of COVID-19

IH Vancouver will manage a suspected case of COVID-19 as follows:

- The number one priority is the health and safety of our students, staff, accommodation providers and the community as a whole.
- We ensure the integrity of our health and safety protocols by providing full training to our students, staff and accommodation providers and by confirming their agreement to these.
- If a student develops symptoms of COVID-19 during their 14-day quarantine period, the school will ensure that the student follows directives of the Public Health Agency of Canada and the BC Centre for Disease Control. They must also notify both the quarantine site provider and their IH Vancouver advisor.

IH Vancouver will then follow the 3-Step procedure to isolate the risk to others:

**Step 1:** Student self-isolates and continues to monitor for symptoms.

**Step 2:** The IH Vancouver advisor will assist the student in contacting Health Link BC (8-1-1). The advisor will assist the student in following all recommended steps.

**Step 3:** IH Vancouver will inform all members living in the same household, ensure there is no other exposure and work to evaluate possible exposure risk. IH Vancouver will also assist in contacting Health Link BC as necessary.

If a COVID-19 Test is required during quarantine, the IH Vancouver advisor will assist in booking the test, arranging the safe travel from the quarantine site, to the testing facility, and back.

All members of the IH Vancouver community will be informed if there is a positive case of Covid-19, while protecting the identity of the person. This communication will be by email and will include a reminder of the protocols in place for times when we have a positive Covid-19 diagnosis in our school community.



## 6. Contact Tracing

IH Vancouver informs all international students and any co-arriving family members before departure to download the ArriveCan application on their smartphone and to maintain access to this phone from the first day of quarantine and throughout their stay in Canada.

IH Vancouver also maintains daily attendance logs of all staff, students and visitors to its campus to assist public health officials should contact tracing be necessary.



## Appendix 1- Covid-19 International Travel and Quarantine Checklist

Dear student,

We look forward to welcoming you to Canada! Canada remains a safe and welcoming destination for international students. However, as a result of the COVID-19 pandemic, there are some important protocols that international students must follow to reduce the risk of infection and transmission of the virus, including undertaking a mandatory 14-day quarantine period immediately upon arrival in Canada.

Please take some time to review the information in this document. Please note that if this protocol is not followed, students may be denied entry into the country, or may be denied entry to/dismissed from their program of study with no refund. Government authorities may also fine students for non-compliance in certain situations.

Please understand that our number one priority is the health and safety of our students, homestay families, schools and communities. IH Vancouver is obligated to follow the regulations and recommendations of various authorities, including the government of Canada, provincial and local public health authorities.

Please confirm that that you understand and agree with the following:

- I am aware of the requirement to comply with the Government of Canada's [Quarantine Act](#), including the penalties of violation of the *Quarantine Act*, which include up to 6 months in prison and/or \$750,000 in fines.
- I agree to comply with the requirements laid out in this International Student Safe Travel, Arrival and Quarantine Checklist.
- I have completed and printed the Languages Canada Quarantine Plan for presentation at my port of entry, and have registered via the ArriveCAN App.
- I have downloaded and installed the BC COVID-19 App.
- I confirm that I have appropriate medical insurance, effective as of the date of my arrival in Canada, which includes coverage for COVID-19 during the quarantine period.



Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### **Student Checklist**

The below checklist provides guidelines to support you in your travel and quarantine upon arrival in Canada.

#### **Pre-Departure:**

1. Communicate with IH Vancouver about your arrival and quarantine plan:

IH Vancouver will provide you with accommodation options for your 14-day quarantine and require you to make a selection of your preferred quarantine site. Each quarantining student (or student-family unit) must stay in their own room. Your quarantine site will provide:

- Private, safe transport from the airport to the hotel.
- Delivery of three meals per day to your room;
- A room which includes a private bathroom and is equipped with adequate toiletries, linens and other supplies for 14 days;
  - Adherence of all staff to rigorous hygiene, cleanliness and physical distancing practices;
  - Monitoring services to ensure that you do not leave your room.

In addition to payment of a deposit for your study program, you will be required to pay the accommodation placement fee prior to being issued a Letter of Acceptance.

Make sure to inform IH Vancouver and your quarantine site in advance if you have any special needs or disabilities of which they should be aware. Be clear about how and where you will be meeting your transportation upon arrival. Obtain a cell phone number for the driver.



2. Prepare for 14 days of isolation:

- Refer to the [guidelines from the Public Health Agency of Canada on How to Self Isolate](#).
- Discuss with IH Vancouver your plans for remote study during your quarantine period.
- Make a plan for your physical and emotional wellness during quarantine, including any books, games, fitness equipment/apps, etc. you wish to have with you.

3. Complete arrival plans:

- Complete the mandatory [Languages Canada Quarantine Plan](#). Send a signed electronic copy of this document to IH Vancouver. Print a copy of this Plan to present to border officials upon arrival in Canada.
- Download the [ArriveCAN App](#) on your mobile device (available for iPhone and Android). Complete the pre-arrival forms on the app.
- Download the [BC COVID-19 App](#) (available for iPhone and Android).

4. Packing

In addition to regular packing requirements, please also bring:

- 60 disposable face masks OR 30 disposable and 1 reusable cloth face mask;
- One large bottle of quality hand sanitizer;
- One box of Nitrile gloves;
- A thermometer.

Please also have the following with you in your carry-on luggage: at least 2 masks, several pairs of gloves, a travel sized bottle of hand-sanitizer and some disinfecting wipes.

Make sure you have the following documents available when you arrive in your carry-on luggage. You will be required to present these to a Canada Border Services Agent when going through Canadian customs and immigration:

- Passport;
- Study permit or permit confirmation document (if you have one);
- Letter of Acceptance;



- Quarantine site contact information, including cell phone number for the driver;
- Contact information for your host school;
- Signed copy of this document.
- Print out of quarantine plan

## 5. Pre-Departure Self-Assessment

You (and your co-arriving family members) should not travel to Canada if you are experiencing COVID-19-related symptoms, have tested positive for COVID-19, have been exposed to the virus or are awaiting test results. Access the BC Thrive Health COVID-19 Self-Assessment Tool <https://bc.thrive.health/covid19/en> to determine if you have COVID-19- related symptoms.

### **In transit:**

While in transit to the airport, in airports and during flights:

- Wear a mask and gloves;
- Wash hands frequently;
- Use hand sanitizer when necessary;
- Practice physical distancing (minimum 2 metres from others);
- Sanitize your personal space and high touch areas;
- Minimize trips to the washroom (Flush the toilet with the seat cover down);
- Touch as few surfaces as possible;
- Keep your cell phone charged.

### **Arrival in Canada:**

- Text IH Vancouver advisor to confirm your arrival;
- Text your driver to confirm your arrival;
- Wear a fresh mask and gloves;



- Proceed through immigration and baggage pick up while maintaining physical distancing; present appropriate documentation to the Canada customs officer;
- Move as quickly as possible through the baggage area and do not enter any stores in the airport;
- Meet your driver at the agreed pick-up location;
- Load your own luggage into the car and sit as far away from the driver as possible;
- Follow all instructions for COVID-19 safe check-in at your quarantine site.

### **During quarantine**

As per the Government of Canada's [Quarantine Act](#), you are required to quarantine for 14 days immediately upon arrival in Canada. This means that you must stay on your own in your room for 14 days and avoid contact with others. Your quarantine site will provide you with food, clean linens every couple of days, a comfortable room, access to television and Wi-Fi.

This means:

1. Stay in your own room as much as possible and away from others. Do not leave your quarantine room unless there is a medical emergency. Keep your room well-ventilated and clean – if possible, open your window to let the air circulate.
2. Practice good hygiene
  - Wash your hands frequently with plain soap and water for at least 20 seconds.
  - Cover your mouth and nose with your elbow when coughing or sneezing or use a tissue. 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.
  - Flush the toilet with the lid down.
  - Package up your garbage – empty garbage frequently and wash your hands immediately.
  - Refer to the COVID-19 laundry policy at your quarantine site for having your clothes washed.
3. Stay connected to IH Vancouver through your remote study and optional virtual social activities to meet other students and learn about the city in which you'll be studying.
4. Stay connected to friends and family via text, email, facetime, etc.



5. Monitor your physical and mental well-being. If you are not feeling well, use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en> to help determine if you need further assessment or testing. Contact IH Vancouver advisor and quarantine provider immediately if you feel sick.

Please remember that quarantine is a mandatory requirement of the *Quarantine Act* and not optional.

### **After quarantine**

Following completion of your 14-day quarantine period, if you have not presented any symptoms of COVID-19:

- Confirm transportation arrangements to your permanent accommodation with IH Vancouver.
- If you are transferring to accommodation within your city of arrival/quarantine, you will be transported by car provided by the quarantine site, following safe transport protocol.
- If you need to travel to another city within Canada for your studies, you will be transported to the airport by car provided by the quarantine site, following safe transport protocol. While in airports and during flights, you will be expected to follow the same recommended personal hygiene and physical distancing guidelines as during international travel, including wearing a mask and gloves; washing/sanitizing hands frequently; and observing appropriate physical distancing.
- For the duration of your stay in Canada, please be mindful of and respect public health directives. Continue to practice proper hygiene, including hand washing and use of hand sanitizer. Use coughing and sneezing etiquette and practice physical distancing.

\*from the Languages Canada Study Safe Corridor program





## Appendix 2- Student quarantine plan

### Personal Information

Name (First,, Last	
Country of Origin	
Passport Number	
Home Address	
Date of Birth (yyyy/mm/dd)	

### Arrival information

Arrival Date	
Arrival From	
Port of Entry into Canada	
Arrival by (airline name and flight #)	



## Quarantine plan

Quarantine Location	
Name of Accommodation Provider	
Address	
Contact Details	

- I confirm that the following are provided by the quarantine site:
  - Transportation to quarantine location
  - 3 meals/day, delivered to my room
  - Access to needed toiletries, linen, cleaning supplies, etc.
  
- I confirm that I will not be living with vulnerable persons or in shared accommodation during the period of mandatory quarantine upon entry.
  
- I confirm that I am entering Canada with medical insurance that provides coverage for COVID-19 during the period of mandatory quarantine upon entry.
  
- I confirm that I have access to sufficient funds to cover any and all additional COVID-19-related costs, including testing.

## Commitment to this plan



I, [STUDENT NAME] \_\_\_\_\_ confirm that I understand the importance of the quarantine procedure upon arrival in Canada, and will follow all criteria provided in this document, as well as all requirements provided by the Government of Canada, for a full 14 days.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*from the Languages Canada Study Safe Corridor program



### Appendix 3- Designated Quarantine Hotels

Hotel Name	Average price per night (before tax)	Price for 2 weeks quarantine package (including 3 meals and airport transfer and taxes)
Executive Hotel Vancouver Airport Hotel	\$89	\$1,460 (room) + \$655 (meals)
Sandman Vancouver Airport Hotel	\$55	\$895 (room) + \$800 (meals)
Atrium Inn Vancouver	\$69	\$1,120 (room) + \$600 (meals)
YWCA Hotel Vancouver	\$75	\$1,218 (room) + \$650 (meals)
Sandman Vancouver Hotel	\$65	\$1,130 (room) + \$700 (meals)
GEC Granville Hotel	\$95	\$1,500 (room) + \$700 (meals)

\* prices are subject to change



## Appendix 4: IH Vancouver Homestay Accommodation COVID-19 Quarantine Guidelines

Agreeing to host international students during their 14-day mandatory quarantine period bears with it many responsibilities. By agreeing to do this, we require that your confirmation of this document

### Guidance to Protect You, Your Family and Your Homestay Student from Covid-19

Covid-19 is a contagious respiratory viral disease. It is important to maintain good hygiene standards to lower your own chance of contracting the virus as well as lowering the chance you will spread to others. All members of your house should make sure of the following:

- Wash your hands regularly with soap and water for at least 20 seconds or use a government approved hand sanitizer if it is not possible to wash your hands.
- Always cough and sneeze into either a tissue or a bended arm.
- Dispose of all used tissues in a lined garbage can.
- Do not touch your face.
- Clean and sanitize all frequently touched surfaces (door handles, light switches, etc.) at least once per day.
- Continue to practice physical distancing in public places. This includes:
  - Keeping at least 2 metres away from others when outside your home or if receiving guests in your home.
  - Avoiding crowded places
  - Not attending parties at other people's homes
  - Following BC Centres for Disease Control Guidelines regarding the maximum size of gatherings.

We encourage you to always consider your behaviours and to do what you can to limit your opportunities to either contract or spread Covid-19. Some examples of steps you can take are to:

- If you have to commute on public transit, try to do this during off-peak times.
- Be aware of all public health measures if you are travelling to a different location.
- Doing essential shopping, for groceries and other items, at off peak hours.



- Avoiding all travel outside of Canada until advisories are lifted by the Government of Canada.

### **IH Stay at Home When Sick Policy**

Students are required to stay at home if any of these conditions are met:

1. If a student is showing any symptoms that include fever, cough, sore throat, and/or loss of sense of taste or smell must stay home even if they do not have a confirmed case of Covid-19. The student will be advised to check their symptoms with the BC Covid-19 app and follow any guidance from that including calling 8-1-1 and being tested for Covid-19.
2. If there is a confirmed case of Covid-19 in the household, or if the student is exposed to someone with a confirmed case of Covid-19, or if the student has been advised by public health officials to self-isolate and monitor for symptoms.
3. If the student or any member of the household has returned to Canada from international travel and is not able to completely self-isolate within the home.
4. If the student displays any symptoms that include fever, cough, sore throat and/or loss of sense of taste or smell at school.

Students who are required to stay at home but are well enough to study will be able to join their regular classes remotely.

### **Procedure for Covid-19 Symptoms**

If a student shows symptoms of Covid-19 and/or receives a positive diagnosis for Covid-19, the student is required to:

1. Self-isolate in their bedroom and inform both their school advisor and their homestay family or others in their residence immediately.
2. When the school is contacted by a student showing symptoms of Covid-19, the school will inform the homestay or place of residence immediately.
3. With the help of their advisor, the student will contact local health authorities and follow all guidance.
4. The student's accommodation will be thoroughly cleaned and disinfected.



5. The student's advisor will continue to closely monitor the student, their place of accommodation and all students and staff who may have been exposed and implement measures as necessary.
6. People who have been in close contact with the student will also follow the above steps and will monitor their own health for symptoms of Covid-19.



**Please initial to confirm agreement:**

\_\_\_\_\_ I confirm the International House Vancouver will only place students in my home if I continue to meet these guidelines.

\_\_\_\_\_ I confirm that International House Vancouver may remove students from my home if I do not meet the guidelines and follow the policies as required. I further confirm that any costs incurred for changing the place of accommodation for the student are my responsibility if I have contravened the guidelines.

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## Appendix 5 List of Resources for Covid-19

Agency	Contact Details	Help with
Walk in Clinics	<a href="https://bc.skipthewaitingroom.com/city/vancouver">https://bc.skipthewait ingroom.com/city/va ncouver</a>	Medical services and treatment for minor illnesses In-person or on-line registration No appointment necessary
BC Provincial Toll-free Hotline	1-888-COVID19 (1-888-268-4319)	General Questions about Social distancing, travel or assistance from provincial or federal governments
HealthLink BC	811 <a href="https://www.healthlinkbc.ca/">https://www.healthli nkbc.ca/</a>	Health Questions or symptoms related to Covid-19 or other health issue; talk to a health professional (translation services available)
Vancouver Coastal Health	See 9.3 for addresses and phone numbers  <a href="http://www.vch.ca/covid-19/covid-19-testing">http://www.vch.ca/co vid-19/covid-19- testing</a>	Covid-19 Testing and Urgent Primary Care Centres (UPCC)
Emergency Line	911	Fire, ambulance or medical emergency

Websites	
Arrive Can App	



	<a href="https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca/privacy">https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca/privacy</a>
BC-Covid-19 Assessment online	<a href="https://bc.thrive.health/covid19/en">https://bc.thrive.health/covid19/en</a>
CDC BC Centre for Disease Control-Covid 19	<a href="http://www.bccdc.ca/health-info/diseases-conditions/covid-19">http://www.bccdc.ca/health-info/diseases-conditions/covid-19</a>
CDC BC Centre for Disease Control-Self-Isolation	<a href="http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation">http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation</a>
BC-Supports for Students and Educators	<a href="https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19#students">https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19#students</a>
Government of Canada COVID-19-General Information	<a href="https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html">https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html</a>
Government of Canada COVID-19: Travel, quarantine and borders	<a href="https://travel.gc.ca/covid-19-travel">https://travel.gc.ca/covid-19-travel</a>
Government of Canada COVID-9: Awareness resources	<a href="https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html#covid-awareness-table">https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html#covid-awareness-table</a>
Government of Canada How the Covid Alert App Works	<a href="https://www.canada.ca/en/public-health/services/video/covid-alert.html">https://www.canada.ca/en/public-health/services/video/covid-alert.html</a>





## Appendix 6 Covid-19 -What is it?

COVID-19 is the infectious disease caused by the coronavirus, SARS-CoV-2, which is a respiratory pathogen. People can develop mild to serious cases of the illness.

Most common symptoms:

fever

dry cough

tiredness

Less common symptoms:

aches and pains

sore throat

diarrhoea

conjunctivitis

headache

loss of taste or smell

a rash on skin, or discolouration of fingers or toes

Serious symptoms:

difficulty breathing or shortness of breath

chest pain or pressure

loss of speech or movement

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-coronaviruses#:~:text=symptoms>

