



WHAT YOU NEED TO KNOW TO COME TO CANADA/UNB

*During
COVID-19*

S U M M E R / F A L L
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This document is designed to provide all new and current International students considering travel to Canada / UNB for the Fall 2020 term with important Federal and Provincial information and direct links.

This information relates to activities which must be addressed prior to departure, while travelling, and upon arrival (self-isolation requirements)

**Most importantly it provides contact information
on how to get help from UNB.**

Official Information provided by
University of New Brunswick
Valid as of: **August 6, 2020**



BEFORE YOU TRAVEL

Important Information (Live Links)

**Government of
Canada**

COVID-19

**Symptoms &
Treatment**

IRCC and VACs

Study in Canada

**Temporary
Processing Changes**

**Workers, Students
and Visitors - Before
you Travel**

**Travel Restrictions
and Exemptions**

**Guidance for
Travellers**

**Welcome to the University of New Brunswick.
We look forward to your arrival**

The following information will help to ensure you have the best possible experience beginning or continuing your UNB education in the Fall 2020. It is very important that you monitor updates prior to travelling, as conditions may change daily.

To prove you are exempt you must bring a valid study permit or a port of entry letter of introduction (in hard copy) confirming approval for a study permit before or on March 18, 2020.

You must show why it is essential for you to return to UNB and you will be required to have a suitable place to quarantine or self-isolate.

Airline officials will be conducting a health check, you cannot board if you:

- show any symptoms of COVID-19 or
- have been refused boarding in the past 14 days due to medical reasons
- are subject to a provincial or local public health order

It is your responsibility to confirm travel eligibility for any family member traveling with you. This changes frequently.

The border services officer at the port of entry has discretion to permit the traveler to enter. **They make their decision on the information presented to them at the time of entry.**

**If you have any questions pre-travel call 1-800-461-999 (Canada / US)
or 1-204-983-3500 or 1-506-636-5064 (outside Canada/US)**



Important Information (Live Links)

New Brunswick COVID-19

- [Entry Registration](#)
- [Required Entry Documents](#)
- [Office of the Chief Medical Officer of Health](#)
- [Protect Yourself and Others](#)
- [Potential Exposure](#)
- [Self-Assessment](#)
- [Self-Isolation Requirements](#)
- [NB COVID-19 Dashboard](#)
- [Penalties for NOT Self-Isolating](#)
- [Frequently Asked Questions](#)

HAVE AN ISOLATION PLAN

If you arrive from outside Canada and deemed safe to fly, you may board a connecting flight to your destination.

To enter New Brunswick (NB), you must

- provide **essential supporting documents** which confirm your residence and identity
- know and abide by NB Public Health and
- confirm you have an **isolation plan** for 14 days with all basic necessities, and
- confirm you have a travel plan directly from the airport to your place of isolation.

You must show the CBSA Officers you have confirmed arrangements for the following as you enter Canada:

- have access to a non-medical mask while traveling
- go directly to your place of isolation. **Do not stop anywhere**
- stay inside and do not leave for 14 days unless it is to **seek medical attention**. **Do not go to school, work or public areas**
- stay in a separate room/use own bathroom, if possible
- do not allow visitors
- limit contact with all others in the place of isolation
- contact your health care provider or public health authority immediately if your symptoms worsen.

NOT following the self-isolation requirements can have **serious personal and financial consequences.**

You are strongly encouraged to share your travel plans with UNB International Student Advisor's Office (ISAO@unb.ca) - Fredericton Student Services (akberg@unb.ca) - Saint John



WHILE YOU TRAVEL

Important Information (Live Links)

Transport Canada: Information for Travellers

Non-Medical Masks

Mental Health Support

Digital Tools

- [\(ArriveCAN\)](#)
- [Self-Assessment](#)
- [Symptom Tracker](#)

Social Media Resources

Toronto Pearson Airport

Montreal Trudeau Airport

When arriving at a Canadian airport, you will be asked to use a non-medical mask to cover your mouth and nose in the following situations to continue travelling:

- at Canadian airport screening checkpoints, where the screeners cannot always keep 2 metres of separation between you and other travellers
- when you cannot physically distance from others, or
- as directed by the airline employees or a public health order or public health official
- during the boarding process

Upon arrival in Canada you will be asked to

- provide basic information using the traveller contact information form, available through
 - the ArriveCAN mobile app
 - an accessible web-based form, or
 - a paper form
- undergo a screening by a border services officer or quarantine officer to assess symptoms



Click [HERE](#) for a full list of Social Media Resources; Twitter, Facebook, LinkedIn, Instagram, Websites, and Key Hashtags



WE ARE HERE TO HELP

Important Information (Live Links)

University of New Brunswick websites:

- [COVID 19 Updates](#)
- [School of Graduate Studies](#)
- [Faculty Advisors Undergraduate Students](#)
- [Information Technology Services \(ITS\)](#)
- [Living in Residence](#)
 - [Fredericton](#)
 - [Saint John](#)

Travel, Immigration/Study and Transitioning Support:

- International Student Advisor's Office - Fredericton:
Contact: ISAO@unb.ca
- International Student Services - Saint John:
Contact: akberg@unb.ca

Academic Advising

- Graduate Students: Contact: gradschl@unb.ca
- Academic advising for undergraduate students
UNB Fredericton: [Academic Advisors](#)
UNB Saint John: [Academic Advisors](#)

Technical Support - Fredericton & Saint John

In-Person and Online Learning
Email: itservicedesk@unb.ca

Residence Support

- Residence Office in Fredericton resadmin@unb.ca.
- Residence Office in Saint John res@unb.ca

Off Campus Housing

UNB Fredericton: [Off Campus Housing](#)
UNB Saint John: [Off Campus Housing](#)
Visit the [Website](#)

UNB Support Available for:

- Self-Isolation in New Brunswick
- Technical Support - New Brunswick and Abroad

Self-Isolation Guidance for Asymptomatic Individuals

Note: This guidance does not apply to persons who are COVID-19 positive or to persons who have been ordered by Public Health to self-isolate. These individuals will be given more restrictive advice.

Self-isolation means staying at one place for accommodations and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

Individuals directed to self-isolate are expected to take the following measures:

- Limit contact with others. Do not leave your accommodation / property unless to seek unexpected medical care or to attend a funeral or burial service. If this is necessary, travel directly to and from the place receiving medical care or the funeral or burial service.
- Avoid contact with individuals with chronic conditions, compromised immune system or older adults as they are more at risk of complications from COVID-19.
- Make arrangements for food and other necessities to be delivered.
- If you are staying with others:
 - Have everyone make best efforts to maintain a 2-meter distance from others. If unable to maintain social distance a non-medical mask is required.
 - Stay in a separate bedroom and if possible, use a separate bathroom.
 - Other individuals in the accommodations may still attend work, pick up essential items and run essential errands. However, they should not participate in any gatherings and no visitors should enter their accommodations during the 14-day period.
- Follow general public health measures:
 - Practice good handwashing. Proper handwashing requires regularly and thoroughly washing your hands with soap and water.
 - Within the accommodations, regularly clean and disinfect frequently touched objects and surfaces with regular household cleaners.
 - Practice good respiratory hygiene. When you cough or sneeze, do so into a tissue; dispose of the tissue and wash your hands afterwards. If you do not have a tissue available, cough into your sleeve or elbow.
 - Wearing a non-medical mask is required when unable to maintain physical distancing in the community.
- All individuals in the household should self-monitor during the 14-day period. If you or anyone else in the household develops symptoms, the symptomatic individual should isolate from others as quickly as possible and immediately call 811. All other individuals in the household must self-isolate (and not leave the accommodations for work or other reasons except for medical or other emergencies) until COVID-19 is ruled out. If COVID-19 is confirmed all persons in the accommodation must follow the advice of Public Health.