# Quarantine Instructions for Persons Entering Canada

All persons entering Canada must have [a written plan for placing themselves in quarantine for 14 days,](#Plan) failing which, they may be returned to their country of origin.

A [sample quarantine/isolation plan](#Plan) is provided as a courtesy at the end of the instructions. Please note that you may still be refused entry into Canada due to the discretionary power of the Canada Border Services Officer. Don't forget to personalize this plan and then [send it through ArriveCAN.](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html)

## During Your Quarantine

* You must wear a face-covering when you arrive in Canada and when you travel.
* You should not take public transit from the airport to your quarantine location, and you should not stop anywhere en route.
* You must find housing for the duration of your quarantine before you travel to Canada. Your quarantine must be spent at a place without the presence of vulnerable people (65 years of age or older or persons with underlying health problems).
* You must stay at the same location as where you are spending your quarantine.
* You must not go to the University or any other public place.
* You cannot go shopping (e.g., shops or grocery stores).
* You must arrange for someone to equip your quarantine site with essential items (such as food, medicine, household products, personal hygiene items, furniture, etc.), as you will not be able to go shopping when you arrive. See the attached list for ideas about businesses that deliver food and pharmaceuticals and for catering services.
* You must not receive visitors.
* You must practise hygienic behaviour: (a) cover your mouth and nose when you cough or sneeze; (b) wash your hands regularly; and (c) do not share your personal belongings.
* You should monitor your health for symptoms of COVID-19. If symptoms appear, you should isolate yourself and immediately call Public Health (1-877-644-4545) and follow their instructions.

For more details on travel instructions and mandatory quarantine conditions:

* Government of Canada  
  [COVID-19: Travel, testing, quarantine and borders](https://travel.gc.ca/travel-covid?_ga=2.252102921.1026979790.1628101417-1654895660.1618838319)
* Gouvernement du Québec  
  [Instructions for travellers during the COVID-19 pandemic](https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/instructions-for-travellers-covid19#c56528)

# 14-Day Quarantine Plan for Mr. or Ms. X

## Transportation

When I arrive at (Canadian port of entry, e.g., X Airport) in the city of X, I plan to use the following private transportation to get to the transit point (city and specific location with address) or to the place where I will spend my quarantine (city and specific location with address):

Transport X, from Canadian port of entry X to X to (city and specific location with address). Planned health measures: Glass or Plexiglas separator between me and the driver, hand washing and disinfection, wearing a mask, etc. Provide proof of transportation reservation/payment.

Transport X, from Canadian port of entry X to X to (city and specific location with address). Planned health measures: Glass or Plexiglas separator between me and the driver, hand washing and disinfection, wearing a mask, etc. Provide proof of transportation reservation/payment.

Transport X, from Canadian port of entry X to X to (city and specific location with address). Planned health measures: Glass or Plexiglas separator between me and the driver, hand washing and disinfection, wearing a mask, etc. Provide proof of transportation reservation/payment.

I will make no stops anywhere on my way to my quarantine location, and I will wear a mask or face covering all the way there.

## Housing

The place where I will spend the 14 days of my quarantine—and more, if necessary—without the presence of vulnerable people (65 years of age or older or persons with underlying health problems) is as follows.

**Exact Address of the Location**

State whether you will be living alone or with others. If you think you will have to share the place with other people, explain the configuration of the rooms as well as the sanitary measures foreseen when using common spaces (e.g., bathrooms, kitchen, and living room). Provide written proof of your roommates' consent if you plan to spend your quarantine in the same place as them. Provide proof of reservation/payment for the place where you will spend your quarantine.

I also commit to complying with the following:

* Avoid being in a room at the quarantine site with anyone else, to the degree possible.
* Eat and sleep alone in a room at the quarantine site.
* Avoid contact with other people at the quarantine site, to the degree possible. If this is not possible, maintain a distance of at least 2 m between myself and others. Cover my nose and mouth if I have to get within 2 m of anyone.
* Air out the quarantine site and my room often by opening a window (weather permitting).

## Food and Hygiene Care

During my quarantine period, I plan to feed myself as described below.

Online shopping at X supermarket and delivery to the door.  
Catering service provided by my quarantine site with delivery to the door.  
A kitchen with restricted use subject to the following health measures:  
Food dropped off at the door by family and friends. Provide a list of businesses or friends/family, with their addresses and a means to contact them, who will help you get food.

## Health or Emergency Care

If I experience illness or symptoms of COVID-19, I will call the local health authorities at 1-877-644-4545.

I will go to a screening centre, medical clinic, or hospital and comply with health measures of wearing a mask or face covering. Upon arrival, I will inform the staff that I have travelled abroad.

## Financial Resources

I have a credit card and Canadian currency that will allow me to cover the costs of transportation, lodging, food, and health or emergency care, if necessary, to comply with the health measures in effect upon arrival, during my period of quarantine, and during my stay in Canada.

## Declaration

I agree to stay in the location where I will spend my quarantine, without going out to public places or having visitors. I will comply with hygiene measures, as recommended by the Santé publique du Québec (provincial public health department). If I start having COVID-19 symptoms, I will isolate myself and immediately call Public Health (1-877-644-4545) and follow the instructions.

Signature

Name

Date of birth

Passport number

Add any proof of reservation or payment for your transportation and accommodation to your plan.

# Useful Services during Your Quarantine

## Useful Services during Your Quarantine in Sherbrooke

A credit card is required to shop online. Purchases in Quebec are subject to taxes amounting to 15% of the indicated price. On the other hand, many consumer items are not taxable.

### Transportation

Montréal airport to Sherbrooke. Travel time about two hours.

**Alternatives**

Health measures as prescribed by provincial and federal authorities apply to all such conveyances.

* [Limocar Bus](https://limocar.ca/en/home/): student fare one way: 31 $
* [Aeroshuttle Service](https://aeronavette.ca/en/home/): about 120$, reservation required
* [Car rental](https://www.admtl.com/en/access/car-rental): about $200
* [Taxi from Montréal airport to Sherbrooke](https://www.yul.taxi/contactez-nous): about $300

### Housing

**Université de Sherbrooke Residences**

Furnished single room with a refrigerator. Shared bathroom and kitchen.

Reservation and information about terms and conditions before your departure at: [Residences@USherbrooke.ca](mailto:R%C3%A9sidences@usherbrooke.ca)

Application of the protocol for compliance with health rules in effect.

**Other Private Housing Services**

[https://www.destinationsherbrooke.com/en/visitors/where-to-sleep](https://www.destinationsherbrooke.com/fr/visiteurs/ou-dormir)

### Food

**Université de Sherbrooke Food Services (Café CAUS)**

Two on-campus options:

Cooking at the residence in a communal kitchen by having your products delivered directly to your room. See supermarkets with delivery below.

Use Université de Sherbrooke (Café CAUS) food services.

### Food and Hygiene Care

**Supermarkets That Deliver**

Provigo: [https://www.provigo.ca/](https://www.provigo.ca/store-locator/?storeId=8776&utm_source=G&utm_medium=LPM&utm_campaign=Loblaws)

IGA: <https://iga.ca>

**Restaurants That Deliver**

[https://www.destinationsherbrooke.com/en/industry-support/tourist-establishments-of-sherbrooke](https://www.destinationsherbrooke.com/fr/soutien-a-l-industrie/etablissements-touristiques-de-sherbrooke)

**Ready-To-Cook**

Good Food: [http://www.makegoodfood.ca](http://www.makegoodfood.ca/)

COOK IT: [https://www.chefcookit.com/en](https://www.chefcookit.com/?utm_source=google&utm_medium=cpc&utm_campaign=Bloom%20-%20Generic%20-%20QC%20ON%20-%20FR&gclid=Cj0KCQjwl4v4BRDaARIsAFjATPki3FrIjai7teAH_FrnUUTjd1eqs4bD6OrCbIAPXseMm9jU5MUEU88aAv5XEALw_wcB)

**Ready-To-Eat**

Le Lunch Box: [https://en.lelunchbox.ca/](https://lelunchbox.ca/)

WeCook: [https://www.wecookmeals.ca/en](https://www.wecookmeals.ca/)

**Pharmacies That Deliver**

Uniprix: [https://www.uniprix.com/en](https://www.uniprix.com)

Jean Coutu: [https://www.jeancoutu.com/en/](https://www.jeancoutu.com)

## Useful Services during Your Quarantine in Longueuil

A credit card is required to shop online. Purchases in Quebec are subject to taxes amounting to 15% of the indicated price. On the other hand, many consumer items are not taxable.

### Transportation

Taxis are available from the Montreal airport to Longueuil. The trip should take about one hour, depending on your arrival time in Canada.

[Taxi Aéroport YUL Airport Taxi](https://www.yul.taxi/contactez-nous)

### Housing

Sandman Longueuil hotel

<https://www.sandmanhotels.com/locations/quebec/montreal-longueuil/hotels>

Le Dauphin hotel

<https://www.hotelsdauphin.ca/en/hotels/montreal-longueuil>

### Food and Hygiene Care

**Supermarkets That Deliver**

Metro Plus: [https://www.metro.ca/en/find-a-grocery/126](https://www.metro.ca/trouver-une-epicerie/126)

IGA: [https://www.iga.net/en/find\_a\_store/store/0360-iga-extra-place-longueuil](https://www.iga.net/fr/recherche_de_magasin/magasin/0360-iga-extra-place-longueuil)

Provigo: [https://www.provigo.ca/](https://www.provigo.ca/store-locator/?storeId=8776&utm_source=G&utm_medium=LPM&utm_campaign=Loblaws)

**Restaurants That Deliver**

Asiana: [https://restaurantasiana.com](https://restaurantasiana.com/)

Pizza Pizza: [https://www.pizzapizza.ca](https://www.pizzapizza.ca/)

Le Mantra: [https://restaurantmantra.ca](https://restaurantmantra.ca/)

Les Rôtisseries Benny: [https://rotisseriesbenny.com/en/](https://rotisseriesbenny.com/)

St-Hubert: [https://www.st-hubert.com/en.html](https://www.st-hubert.com/)

Nouilles Orientales: [http://www.nouillesorientales.com/index\_en.html](http://www.nouillesorientales.com/)

La Villa: [http://restaurantlavilla.ca/en](http://restaurantlavilla.ca/fr/)

Miss Bella: [http://missbella.ca](http://missbella.ca/)

Basha: [http://www.bashalongueuil.ca/en/home](http://www.bashalongueuil.ca/)

**Ready-To-Cook**

Good Food: [http://www.makegoodfood.ca](http://www.makegoodfood.ca/)

COOK IT: [https://www.chefcookit.com/en](https://www.chefcookit.com/?utm_source=google&utm_medium=cpc&utm_campaign=Bloom%20-%20Generic%20-%20QC%20ON%20-%20FR&gclid=Cj0KCQjwl4v4BRDaARIsAFjATPki3FrIjai7teAH_FrnUUTjd1eqs4bD6OrCbIAPXseMm9jU5MUEU88aAv5XEALw_wcB)

HelloFresh: [http://www.hellofresh.ca](http://www.hellofresh.ca/)

**Ready-To-Eat**

Le Lunch Box: [https://en.lelunchbox.ca/](https://lelunchbox.ca/)

WeCook: [https://www.wecookmeals.ca/en](https://www.wecookmeals.ca/)

Fit Menu: [https://fitmenu.biz](https://fitmenu.biz/)

**Pharmacies That Deliver**

Brunet: [https://www.brunet.ca/en/](https://www.brunet.ca)

Jean Coutu: [https://www.jeancoutu.com/en/](https://www.jeancoutu.com)

Uniprix: [https://www.uniprix.com/en](https://www.uniprix.com)