

List of Contents in this Document:

For You (Homestay Parents):

- ✓ A Preparation Checklist
- ✓ Example of a Negative PCR Test Document
- ✓ Updated Government documents on quarantine and quarantine exemption
- ✓ Example of the most recent Daily Health Check Form
- ✓ Tips for setting up your student's room
- ✓ Ways to connect with your student in quarantine - a growing list thanks to your creative ideas!
- ✓ Health Resources Sheet
- ✓ Provincial Government documents on physical distancing, mask wearing and hand hygiene
- ✓ Bathroom Reminder Checklist for Students

For Your Student's Room:

- ✓ Contact Tracking Sheet for vaccinated students (after out of quarantine)
- ✓ Mask design template
- ✓ Health Resources Sheet
- ✓ Student Colouring pages

Homestay Family Checklist

- The student's room is all set up and ready to welcome them (including wifi passwords in their room)
- You have attended a Zoom call with Karen and Brent and understand quarantine procedures (if required)
- You have acquired the materials you will need during quarantine (food, printouts, crafts, etc.) and prepared any creative ideas you like
- You have designated a person to pick the student(s) up from Vancouver International Airport (YVR) and be their main caregiver during quarantine
- You have connected with your student(s) and already began creating a relationship. You have discussed where to meet each other outside of International Arrivals at YVR
- You have introduced the other members of your household to your student(s) virtually
- You prepared a welcome sign for your student(s) as masks at the airport can make it hard to recognize each other. There is an airport name sign template on our [Homestay Family Website](#)
- Your family is prepared for life with your student(s) after quarantine
- You have familiarized yourself with the Homestay Family Handbook
- _____



Example of a Negative PCR Test Result:

We need to see this document before your student can go to school.

They must also bring it with them to school on the first day.

COVID-19 Test Result Reporting Form Formulaire de rapport de résultat de test COVID-19

Trusted Testing Partner Partenaire de test de confiance	LifeLabs Medical Laboratories
Address of Lab Adresse du laboratoire	7455 130th Street Surrey, BC V3W 1H8
Lab Telephone Téléphone du laboratoire	1-877-313-4982

Traveler Information

Last Name Nom de famille	██████████
First Name Prénom	██████
Date of Birth (mm/dd/yyyy) Date de naissance (mm / jj / aaaa)	██████
Travel Document Number (Passport, Nexus, etc) Numéro de document de voyage (passeport, Nexus, etc.)	██████

Test Information

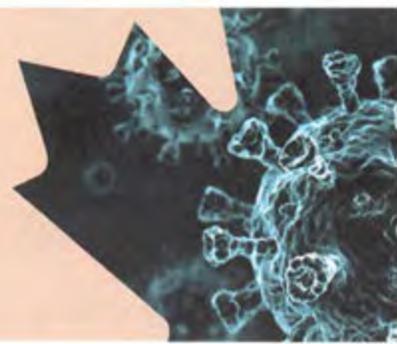
Test Performed Test	BILATERAL NASAL with COVID-19 Virus (SARS-CoV-2) by NAAT
Sample Collection Date de prélèvement de l'échantillon	2022-01-08 15:10:00
Test Resulted Date Date de résultat du test	2022-01-10 19:10:02
Unique Test Result ID # Numéro de test unique	22-312009624

Test Result Résultat	Negative/Négatif
-------------------------	------------------

LifeLabs will contact you if you require to be retested.

Coronavirus disease (COVID-19)

Mandatory requirements for fully vaccinated travellers and for unvaccinated children less than 12 years old travelling with a fully vaccinated parent, or guardian arriving in Canada



WARNING: READ THIS HANDOUT CAREFULLY. IT CONTAINS INSTRUCTIONS FROM A QUARANTINE OFFICER, SCREENING OFFICER AND THE MINISTER OF HEALTH THAT YOU ARE REQUIRED TO MEET UNDER THE MINIMIZING THE RISK OF EXPOSURE TO COVID-19 IN CANADA ORDER (QUARANTINE, ISOLATION, AND OTHER OBLIGATIONS). THEY ARE LEGALLY BINDING UNDER THE ORDER.

Your compliance with this Order is subject to monitoring, verification and enforcement. If you do not comply you may be transferred to a quarantine facility, face fines, and/or imprisonment.

KEEP THIS HANDOUT FOR REFERENCE FOR THE NEXT 14 DAYS.

Government of Canada border measures

The Government of Canada has put in place emergency measures under the Quarantine Act to slow the introduction and spread of COVID-19 and variants in Canada.

Fully vaccinated travellers without signs and symptoms of COVID-19 are not required to quarantine upon entering Canada if they comply with the requirements in this handout.

Unvaccinated CHILDREN LESS THAN 12 YEARS OF AGE who enter Canada with a fully vaccinated parent, step-parent, guardian or tutor, are not required to quarantine if the child follows all the requirements for fully vaccinated travellers and complies with the conditions of the Minister of Health in this handout. If the fully vaccinated parent/guardian/tutor develops signs or symptoms, or receives a positive result, the parent/guardian/tutor and the child must quarantine per 4.9(3).

Fully vaccinated travellers – if you have been selected for mandatory random testing YOU MUST:

- › Take a COVID-19 molecular test as directed on the day you arrive in Canada.
 - You may be tested on site or receive a self-swab kit. You must follow the directions you receive upon arrival to complete your arrival test. If you receive a self-swab kit, you must complete and submit your specimen collection for processing within 24 hours of entering Canada.
- › If you receive a positive test result, additional instructions are provided below.

Requirements for an unvaccinated child less than 12 years of age

For 14 days after arrival the Child MUST NOT:

- ✗ Attend school, camp or day care.
- ✗ Attend a setting where they may have contact with vulnerable people (e.g. long term care facility), including people who are immunocompromised, regardless of that person's vaccination status or public health measures.
- ✗ Travel on crowded public transportation that does not ensure physical distancing and masking.
- ✗ Attend large crowded settings, indoors or outdoors, such as an amusement park or sporting event.

Further information on what your child can and cannot do can be found at <https://travel.gc.ca/travel-covid/travel-restrictions/isolation>.



Government
of Canada

Gouvernement
du Canada

La version française suit

An Emergency Order under the Quarantine Act that applies to all travellers arriving in Canada is currently in force. As such, you are required by law to follow the directions you were provided at the port of entry regarding your quarantine and testing obligations.

This message is to remind you that you must follow the requirements outlined in this email that apply to your situation, as were determined when you entered Canada.

IF YOU:

1. Were randomly selected to complete COVID-19 molecular testing; **AND**,
2. In the 14 days before your arrival in Canada, you were in a country **OTHER THAN** Canada and the United States

THEN, YOU MUST:

- quarantine for 14 days starting on your date of entry in Canada **OR** until you have received a negative test result from the day 1 COVID-19 molecular test, whichever comes first;
 - report your arrival at your place of quarantine within 48 hours after entering Canada by calling the Public Health Agency of Canada at 1-833-641-0343; and
 - report your COVID-19 symptoms status daily for 14 days starting on your date of entry in Canada **OR** until you have received a negative test result by calling the Public Health Agency of Canada at 1-833-641-0343
-

IF YOU:

1. Were randomly selected to complete COVID-19 molecular testing; **AND**,
2. In the 14 days before your arrival in Canada, you were **ONLY** in the United States or Canada

THEN, YOU MUST:

- complete the DAY 1 test within 24 hours of entering Canada;
- for the 14 days after you entered Canada, monitor yourself for symptoms of COVID-19; and
- maintain a list of the names and contact information of every person you have come into close contact with during the 14-day period **AND** all of the places you have been

IF YOU:

1. Were **NOT** randomly selected to complete COVID-19 molecular testing

THEN, YOU MUST:

- for the 14 days after you entered Canada, monitor yourself for symptoms of COVID-19; and
- maintain a list of the names and contact information of every person you have come into close contact with during the 14-day period **AND** all of the places you have been

For the 14 days after you entered Canada, if you test positive for COVID-19 or develop symptoms, you must:

- immediately isolate yourself from other members of your household for a period of 10 days that starts from the day you received your positive test result, swabbed your nose, or developed symptoms;
- report your symptoms or positive test to the Minister of Health by calling *1-833-641-0343*; and
- contact your local public health authority.

REQUIREMENTS FOR UNVACCINATED CHILDREN UNDER THE AGE OF 12

For 14 days after entering Canada, unvaccinated children under 12 who entered Canada with vaccinated guardians, **must**:

- complete COVID-19 molecular tests on day 1 and day 8 of entry to Canada (unless under the age of 5);
- avoid contact with vulnerable persons;
- **not attend school, camp or day care**;
- avoid crowded public settings including parks and sporting events;
- **wear a mask AT ALL TIMES in both indoor and outdoor public settings when these spaces cannot be avoided**; and
- remain with their fully vaccinated parent or guardian as much as possible.
- Further details are available here:
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/unvaccinated-children-under-12-without-symptoms-travelling-fully-vaccinated-parents-guardians.html>.

A screening officer may contact you to confirm your compliance with these requirements. Failure to comply may result in fines of up to \$5000 and/or transfer to a designated quarantine facility.

We urge you to be diligent in meeting these requirements; this will help slow the spread of the virus and save lives.

Thank you for continuing to do your part!

FOR MORE INFORMATION

General Inquiries

- 1-833-784-4397 or canada.ca/coronavirus

[Test Inquiries](#) – contact the service provider that is responsible for the jurisdiction in which you arrived into Canada:

- Yukon, British Columbia, Saskatchewan
LifeLabs 1-877-313-4982
ClientService@lifelabs.com
- Alberta, Ontario, Atlantic
Switch Health 1-888-966-6531
contact@switchhealth.ca
- Manitoba, Quebec
Dynacare 1-855-497-1071
TETCOVID@dynacare.ca

PERSONAL INFORMATION

The personal information you provide to the Government of Canada is governed in accordance with the *Privacy Act*.

For more details on how your personal information is collected, used and disclosed by the Public Health Agency of Canada to administer and enforce the *Quarantine Act* and the Emergency Orders made under it, please visit this website:

<https://www.canada.ca/en/public-health/corporate/stay-informed-stay-connected/canarrive-privacy-notice.html>.

International Student Name: _____

 DAILY HEALTH CHECK	
KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C) Chills Cough Difficulty breathing Loss of sense of smell or taste	If yes to 1 or more of these symptoms: Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
OTHER SYMPTOMS	WHAT TO DO
Sore throat Loss of appetite Headache Body aches Extreme fatigue or tiredness Nausea or vomiting Diarrhea	If yes to 1 symptom: Stay home until you feel better. If yes to 2 or more of these symptoms: Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
INTERNATIONAL TRAVEL	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	If yes: Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption . Students, staff and other adults who are not Fully vaccinated and have travelled outside of Canada CANNOT attend school for 14 days after arrival , as part of Federal requirements
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	If yes: Follow the instructions provided by Public Health.

You can also check your symptoms with the [K-12 Health Check](#) or the [BC Self-Assessment Tool](#).

Call 8-1-1 with any questions about symptoms of illness. If you have severe symptoms, like difficulty breathing (struggling to breathe or you can only speak single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Visit the [BC Centre for Disease Control website](#) for more information on COVID-19.

Homestay Parent Name: _____ Signature: _____

Tips for Setting up Your Student's Room

- 1) Add some personal touches – a family photo, a welcome letter to the student, a welcome basket with some yummy snacks, etc.
- 2) Ensure there is a lot of water and some non-perishable snacks at all times.
- 3) Please make sure there are plastic drawstring bags for garbage and laundry purposes
- 4) Make sure there are easy to follow instructions for logging on to wifi in your house. Check with students shortly after they arrive to make sure they are able to access wifi.
- 5) Ensure there is adequate ventilation, a fan in case it is warm and an extra blanket in case it is cold.
- 6) Instead of having students pick up food and other deliveries outside their door on the floor, place a small table or desk, making deliveries and pick up much easier and more sanitary.
- 7) Have a conversation with your students about what they 'like to do' and leave them some pencil crayons, magazines and other items in their room that will help them entertain themselves.
- 8) Make sure the student receives the printed pages from this large document. The colouring pages can help pass the time and other pages contain useful information for students to read.
- 9) Leave simple and easy to follow instructions for students on things like garbage packaging and pick up, packing up laundry, etc. The easier the better as some may not be accustomed to this.
- 10) As always, plan for student safety and also to protect your belongings. A plastic mattress pad (perhaps covered by a more comfortable cloth one), a hard surface for students to charge laptops and cell phones, paper towels, placemats and coasters can all help protect surfaces.
- 11) Have a calendar or day planner (photocopied sheets are fine) that outline days and times when key things are happening like laundry, timing of dinner, etc. This will be useful for them to understand the routine and schedule of your household.
- 12) Let the student know the plan for when they are out of quarantine. It can be straight forward or as a puzzle for them to solve if you are feeling creative.
- 13) Make sure you are checking in regularly via text / WhatsApp AND by voice!

Ways to Connect With your Student in Quarantine

For student health and safety, this is paramount. Our staff will be in contact with students as well on a daily basis. Sustained effort in terms of building a foundation of a relationship through quarantine will also serve everyone well when students emerge from quarantine. The desire is for all students to spend the minimum amount of time in quarantine possible (waiting for their Upon Arrival test results to come back negative). CBSA Agents do make the determination if they must spend 14 days in quarantine. A positive Upon Arrival test would also mean longer in quarantine. The following suggestions are to assist in any situation.

Your student may not have a Canadian cell phone number. In fact, many won't. Remind them to have both Skype and WhatsApp on their phones and that alerts are set so you can communicate that way. If you both have iPhones, Facetime is also an option Please make sure that you and your family also have WhatsApp and Skype on your phones and alerts are turned on.

We would also suggest you have Google Translate handy on your phone (there are many translation apps as well) and have encouraged students to have it as well.

Please ensure that wifi connection instructions are printed out and in your student's room and they do this right away.

Here are some ways to connect with your student during quarantine. A few of these are ways homestay families connected during previous student arrivals. They were kind enough to share it with us to share will all of you!

- 1) Have a video call dinner together (Zoom, Skype, FaceTime, etc.)
- 2) Have theme days – Everyone in the house wears pinks or pyjamas, etc.
- 3) Have a Netflix Party – Where you can all watch a movie together and interact via text [netflixparty.com](https://www.netflixparty.com)
- 4) Exchange notes when dropping off food. This could be a Joke of the Day, or just a note to say hi! Or it could be like a quarantine 'advent calendar' with a different small gift or treat each day (a magazine, a Canada water bottle, some other Canadian trinkets from the Dollar Store, seeds and a pot to grow some simple vegetables, a flower for their room, etc.)
- 5) Similarly to #4, exchange or something that you work on together (you write a sentence or two of a story and the student writes a few sentences, start a drawing where you each add on to it and exchange it back and forth with the meal trays each day.
- 6) Have theme dinners.

- 7) Have your student talk you through a cooking lesson for a dish they make at home
- 8) Put together a puzzle in advance. Divide it into 14 baggies and give the student a baggie a day to put together if they are in full 14-day quarantine. Have them send you a picture of their progress each day
- 9) Make a pirate hat out of newspaper and wear it at virtual dinner. Even better if you order Pirate Packs from White Spot that day and introduce them to a BC staple.
<https://www.youtube.com/watch?v=TGmSrrtc6Qg>
- 10) Playing game together. There are many Game Apps that allow you to play cell phone games with multiple players on their own devices. You can also play traditional games over video chats
- 11) Pictionary of Charades via WhatsApp
- 12) Find ten things in common
- 13) 2 Truth and a Lie
- 14) Over WhatsApp or other video chats, the host family describes a room in the house, a pet, or a place to visit in as much detail as possible. The student draws and when they emerge they can compare the drawing to the reality
- 15) Be creative! We love to hear of new and creative ideas!
- 16) Plan a big celebration for when Quarantine is done!

Please make sure you are checking in several times a day **BOTH** by text but also by voice. Also, reinforce with your student to let you know if they aren't feeling well physically or emotionally. Here is a list of conversation starters! You may have to be selection depending on the language level of your students.

<https://conversationstartersworld.com/250-conversation-starters/>

Microsoft Office also has a page of resources that you might find useful:

<https://templates.office.com/en-ca/collection-family-activities>

If you have a good idea or try something that is a huge success, please let us know!



Health Resources

9-1-1 If you are in an emergency

1-800-SUICIDE (1-800-784-2433) If you are considering suicide or concerned about someone who may be

310 Mental Health Support (310-6789 - there is no area code required) Emotional support and information and resources specific to mental illness

Kid's Help Phone (1-800-668-6868) 24 hour phone line to speak with a professional counsellor or text **CONNECT to 686868**

8-1-1 24 hour access to a Health Navigator who will direct you to a health professional over the phone. Available in 130 languages

LifeLabs - The company conducting the Day 1 and Day 8 Covid-19 tests. <https://www.lifelabs.com/>
COVID-19 Testing Line - 1-877-313-4982 / General inquiries in BC 604-431-7206 Toll Free 1-800-431-7206

BC Covid-19 Self Assessment Tool - If you are experiencing any of the following symptoms:

- Chills
- Fever
- Cough (or worsening of chronic cough)
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle aches
- Fatigue
- Loss of appetite

Complete the self assessment tool: <https://bc.thrive.health/covid19/en>

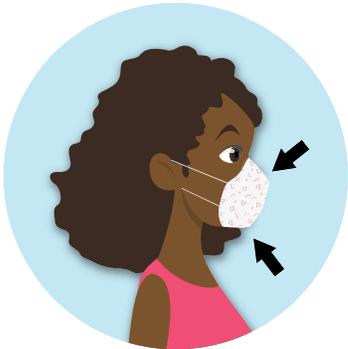
Download the K-12 Health Check App: <https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s1>

Follow the direction given by the assessment and contact your Homestay Coordinator, Homestay Manager or Karen Symonds. Don't worry if you are displaying some of these symptoms. They are very similar in many cases to the symptoms of JET LAG!

COVID-19 mask use: How to make your mask fit properly

When layered with other recommended public health measures, a well-constructed, well-fitting and properly worn mask can help prevent you and others from being exposed to COVID-19. No matter which type of mask you are using, proper fit is a key factor in its effectiveness.

How to make your mask fit properly



Make sure your mask completely covers your nose, mouth and chin.



Check for gaps between your face and your mask.

- Check the top, sides and bottom of your mask.



- Check the edges of your mask for air leaks and adjust if necessary.



Improve mask fit so it's snug and has no gaps.

- Adjust the ties, bands or ear loops.



- Adjust the nosepiece.

Other ways to improve mask fit include:



Tie knots in the ear loops.



Tuck in the sides of the mask so that it lies flat against your face.



Use a mask fitter or brace to help provide a snug fit.



Layer a well-fitting non-medical cloth mask over a disposable mask to help push the edges of the disposable mask closer to your face.

- Make sure that you can still breathe easily when wearing 2 masks.



Consider keeping facial hair shaved or short if possible, as this allows the masks to fit more closely to your face.

General principles for mask fit

A well-fitting mask should:

- be large enough to completely and comfortably cover the nose, mouth and chin without gaps
- not allow air to escape from edges
- fit securely to the head with ties, bands or ear loops
- be comfortable and not require frequent adjustments
- maintain its shape after washing and drying (for reusable non-medical masks only)

Choosing a mask that fits properly

When choosing a mask, the fit is important. Keep in mind:

- the fit of the mask can vary depending on the size and features of your face
- masks with a flexible nosepiece may provide a better fit over the nose
- masks with ties or bands that go around the back of the head may provide a better fit
- if choosing an ear loop-style mask, use one with adjustable ear loops, or use the tips below to improve mask fit
- respirators are designed to fit snugly on the face, which may allow for a better fit than a medical mask
- a respirator worn in the community doesn't need to be formally fit tested

This advice is intended for the general public and is **not** intended for occupational health purposes, including health care settings.



Government
of Canada

Gouvernement
du Canada

Canada