



ROCKY MOUNTAIN
INTERNATIONAL STUDENT PROGRAM

HOMESTAY QUARANTINE GUIDE 2020-2021



Keeping Safe During COVID-19

Introduction & disclaimer

The self-isolation period will be challenging for your student and your family and everyone needs to be prepared mentally and practically for a very different program start that nobody has ever had to go through in the history of RMISP. RMISP staff will be supporting you through this unprecedented experience. Please keep in mind that we have never had a program start like this before, so this is a first for us, too, and we're learning as we go along!

As per federal and provincial health guidelines for people who are 65 or older and/or have underlying health conditions, it is recommended that they **DO NOT** come in contact with potential carriers of COVID-19 (e.g. international travellers, etc.)

Due to the exceptional nature of mandatory quarantine, additional COVID compensation of \$25/day/student will be provided for the 14-day self-isolation duration for host families that will be able to accommodate their incoming student(s) upon their arrival. Regular homestay compensation will start after the student completes the mandatory quarantine period.

Important:

Please note that we are informing your student and his/her agent of all the necessary protocols and are handling every aspect of the required arrival documents. If your student contacts you with any questions related to mandatory quarantine, self-isolation plan, etc. please refer him/her to us.

We are also preparing your incoming student with information related to the mandatory quarantine, etc. and are sharing the 'International Student Arrival Guide 2020-21' with you for your information.



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Preparing your home & your family

Before your student arrives, there are a few things you can do and have available before your student self-isolates in your home.

WiFi

Please have your home WiFi name and password written down and placed in your student's bedroom.

Work & Cell Phone Numbers

Provide your student with your work and cell phone numbers on a note placed in your student's bedroom.

Bathroom

It is preferred if you could provide your student with his/her own bathroom during the self-isolation period, but it is not mandatory.

If your student will be sharing a bathroom with family members, please put in place strict cleaning procedures that you explain to your student in writing and verbally when he/she arrives:

- Flushing toilet with lid down
- Wiping/cleaning all surfaces (including door & toilet handles, light switches, etc.) after each use
- Student must remove all personal items (toiletries, towels, etc.) after each use and keep in his/her room during the self-isolation period

Suggested list of items to have on hand

- Hand sanitizer
- Disinfectant wipes/cleaning products
- Paper towels
- Hand soap
- Use this link for further information <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>

Provide beverages and snacks

In addition to meals, your student will need water/juices and snacks (fruits/veggies, yoghurt, etc.) during self-isolation. We recommend using a cooler or mini-fridge (if you have one available) that can be placed outside your student's bedroom for easy access.

Communication and relationship building with your student prior to his/her arrival

- Exchange emails with your student. Try to find out what his/her food likes & dislikes are so you can prepare for meals and snacks better.
- Have several Zoom or Skype meetings to get to know one another. Find common interests and/or find out what makes your student happy or sad, so you can be better prepared for the challenges of self-isolation.
- Share how you have been living during the COVID pandemic and the precautions being taken, so your student understands the reasons behind self-isolation better.



Expectations for arrival & self-isolation

As long as your student remains in his/her bedroom most of his/her time (a few exceptions are listed below), you and your family will not need to self-isolate along with your student.

Airport arrival guidelines

- Only one family member may go to the airport for pick-up.
- Bring some hand sanitizer with you in case your student is out of it by the time he/she arrives at the airport.
- We recommend that you wait outside the airport (by the arrival doors) for your student.
- You cannot hug your student or shake his/her hand.
- Be sure to take a photo of your student (maybe with the airport sign as a back drop) before leaving the airport. If an RMISP staff member is present, he/she will take care of that.
- Your student must load his/her own luggage into your vehicle and is expected to sit as far away from the driver as possible.
- Wear a mask while being in the confines of your car.



Self-isolation plan follow-up

The governments of Canada and British Columbia want to make sure all new arrivals to Canada are safe and healthy. To do this they will call you or your student to make sure he/she is self-isolating and following the law. Please be prepared to answer calls from **1-855-905-5585**.



After your student enters the country, he/she **MUST** use **ArriveCAN** or call **1-833-641-0343** to:

- Confirm that they've arrived at the address they provided for their quarantine location within 48 hours of entry into Canada
- Complete the daily COVID-19 symptom self-assessments during your quarantine period

What is your student allowed (or not) to do based on the federal and provincial guidelines for mandatory quarantine?

- Your student is expected to spend the majority of his/her time in his/her bedroom unless he/she needs to use the bathroom.
- Your student is allowed to go outside for a walk or bike ride with a family member or spend some time in your yard while keeping appropriate physical distance.
- Your student is not to join you for meals. You will need to drop off his/her meals outside the bedroom door and pick up dishes when he/she is finished. Be extra careful when handling the dishes, he/she has used/touched.
- Your student can join you virtually for movie night (e.g. Netflix Party), or play online games with you and your family members.
- You cannot take your student on family trips, camping, etc. Please keep in mind that RMISP will not be able to provide respite other than in an emergency situation.
- Use this link for more details and information <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>



RMISP online orientation & activities

RMISP will have daily online orientation sessions. This requires your student to be connected to the Internet and up & ready in the mornings. These sessions are mandatory. We'll send you the schedule prior to your student's arrival.



Monitoring physical health & mental well-being

- It's important to make sure that your student establishes a healthy routine as soon as possible. That means going to bed at a reasonable hour, getting up in time to shower and dress before the daily RMISP online activities.
- If you or your student are worried that he/she might have COVID symptoms, have him/her complete the self-assessment tool at <https://bc.thrive.health/covid19/en> **AND** inform your homestay coordinator. You might need to help your student with the self-assessment tool due to language barriers.
- Please monitor your student's mental well-being closely. Be understanding that the self-isolation period will be tough on him/her and expect some mood fluctuations. Contact your homestay coordinator if you have concerns about your student's mental state and behaviour (sleeping all day, not showering, not eating, etc.)

Laundry

It is recommended that you handle your student's laundry during the self-isolation period. You should place a laundry hamper lined with a plastic bag in your student's bedroom and ask him/her to put the plastic bag outside the bedroom door when a load of laundry is necessary.

What if you and/or student develops COVID symptoms?

Step 1: Use the self-assessment tool <https://bc.thrive.health/covid19/en> or call 8-1-1 (provides translation services in 130 languages) and follow instructions carefully.

Step 2: Inform your homestay coordinator or program coordinator immediately after calling 8-1-1 or using the self-assessment tool to discuss next steps.

Step 3: In a medical emergency, call 911 first and then inform RMISP staff.



Communication with & role of RMISP

- Please keep in mind that Amy Shoup, RMISP Manager, is the legal custodian of all international students in our program. Therefore, it is important that you keep RMISP informed of any deterioration of your student's physical health and/or mental well-being in case important decisions need to be made and to allow RMISP to inform agents and natural parents in accordance with established protocols.
- For any concerns, please contact your homestay coordinator or your program coordinator first. If unavailable, please call Amy directly at 250-427-5985.

Useful links

- Self-Isolation Do's and Don'ts http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_dos_donts.pdf
- Self-isolation & self-monitoring for incoming travelers <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html?topic=tilelink>
- For those who have COVID-19 symptoms: <http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf>
- Guide for caregivers and household members of those with COVID-19 symptoms http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_caregivers.pdf

Quarantine DOs and DON'Ts

Q: Can my student sit in my backyard with me?

A: Yes, as long as you are 2 m apart from one another and you wipe down any surfaces your student touched.

Q: Can I go for a walk or bike ride with my student?

A: Yes, as long as you are 2 m apart from one another and other people.

Q: Can my student go on a walk or bike ride by him/herself?

A: No, students can only leave the house/premises with host parent supervision.

Q: Can I take my student for a non-essential car ride?

A: No, because physical distancing isn't possible any non-essential car rides need to be avoided.

Q: Can I take my student to a restaurant or coffee shop?

A: No, self-isolating students are not allowed to be in any public (indoor or outdoor) places.



Q: Can I eat dinner with my student on my back deck?

A: Yes, as long as you and the rest of the family stay 2 m apart from your student and you wipe down/sanitize any surfaces your student touched.

Q: Can we watch a movie or play a game with our student in our rec room?

A: Yes, as long as you and the rest of the family stay 2 m apart from your student and you wipe down/sanitize any surfaces your student touched. Watching movies virtually or playing games online with family and friends would be safer though (www.netflixparty.com, www.houseparty.com, or www.trickstercards.com)

Q: Can my student do his/her own laundry during self-isolation?

A: No, in order to avoid too many touch points to sanitize, we recommend that you do laundry for those 14 days and take precautions.

Q: Can we share a bathroom with our student?

A: Yes, but extra cleaning protocols need to be in place and your student must not leave any personal items, towels, etc. in the bathroom. If possible, we recommend assigning the student his/her own bathroom for the duration of the quarantine.

Q: Can my student hang out with his/her friends in our backyard?

A: No, unless he/she is closely supervised by the host parents to ensure that physical distancing is strictly enforced.

Q: Can my student help me in the kitchen with dinner preparation as long as we stay 2 m apart?

A: No, there are too many touch points that would potentially expose the family to COVID-19.

Q: Can my student do our dishes, because he/she is getting increasingly bored?

A: No, there are too many touch points that would potentially expose the family to COVID-19.

Q: Can we play backyard games with our student?

A: Yes, provided the game allows for physical distancing and game items are not being touched by everyone (e.g. badminton, bocce, cornhole, croquet)

Q: My student is getting increasingly bored and we've run out of ideas to keep him/her busy.

A:

- Encourage your student to exercise in your yard or in his/her bedroom. There are many free workout sessions online (e.g. <https://www.youtube.com/watch?v=UItWltVZZmE>). You could also turn this into a family challenge.
- Pick up some books from the thrift store, etc. that might interest your student. Reading is a great way to improve one's English skills.
- Pick up adult colouring pages and crayons for your artistic student.
- Ask your student to help with weeding the flower beds and veggie patch.
- Ask your student to prepare an interesting fact from his/her home country each day to present to you in 5 minutes.

