

Students Travelling Home for the Holidays

If you are coming home for the holidays, consider self-isolating or reducing close contact with others outside your household, 10 to 14 days before travelling. This will help reduce your risk and the risk of those you are visiting, of exposure to COVID-19.

Individuals unable to reduce close contact with others before returning home, should limit close contact with others, especially seniors and individuals who are immunocompromised or have underlying medical conditions once they have arrived.

If you are at higher risk for serious illness from COVID-19, including if you are immunocompromised or have underlying medical conditions, consider staying where you are and visiting virtually.

Find more information on travel within our district and internationally on our [Travel](#) page and our resource on [Travelling Home for the Holidays](#).

Students, if you are thinking of travelling home, consider the following before making your plans:

- Where will you be staying, and who will you be visiting?
- Is someone you live with, or anyone you plan to visit with at higher risk of severe illness from COVID-19? Is anyone over the age of 70, immunocompromised or have an underlying medical condition?
- Are you putting yourself, your loved ones or your friends at risk?
- What types of activities will you be doing while you travel, once you reach your destination?
- What is the current situation where you will be travelling? Is this an area with many confirmed COVID-19 cases?
- Will you be in close contact with people from outside of your immediate household?
- How do you plan on keeping yourself and your family safe?
- What will you do if you, or someone else, becomes ill during the visit? What are the plans for self-isolation, health care, and travel home?

General guidelines

- Do not travel if you or someone you are travelling with is sick.
- Limit the number of people travelling and the length of your stay.
- Always follow public health recommendations:
 - physical distancing of 2 metres,
 - wearing a face covering in indoor public spaces and outdoors if physical distancing is a challenge,
 - wash your hands frequently,
 - cover your cough or sneeze,
 - do not touch your face.
 - Wash your hands often with soap under warm running water for at least 15 seconds. Use alcohol-based hand sanitizer if soap and water are not available
- Bring hand sanitizer.
- Arrange for private accommodations, such as a hotel room rather than staying with extended family or a friend's house during travel.
- Bring your own food if possible and limit your stops.
- Avoid public transportation and crowded areas, if possible.
- Wear a non-medical mask or face covering prior to entering public buildings (e.g., grocery store, restaurants, gas stations).
- If moving a student out of a dorm or apartment, limit the number of people unpacking the furniture and boxes. Maintain physical distancing when doing so.
- Have a plan if ever you develop COVID-19 symptoms and are required to self-isolate wherever you are.
- Monitor yourself for symptoms when you are travelling and for 14 days after you return. If symptoms develop, call your local Assessment Centre to book an appointment for testing

When stopping for gas, food or rest

- Use contactless payment if possible.
- Wear your non-medical mask or face covering when you enter the store.
- Avoid touching your eyes, mouth and nose.
- Clean your hands often.

What precautions can I take when I stay at a motel?

- Call ahead to inquire what measures are in place in their facility to prevent the spread of COVID-19.
- Inquire if contactless check-ins are an option.
- Follow physical distancing at all times.
- Wash your hands frequently.
- Carry your own luggage to your room.
- Inquire if the room is stocked with additional towels and other essentials to minimize the need for staff to enter the room.
- Limit your contact with housekeeping staff. If staying more than one night, ask if it's possible to skip having your room made-up during your stay.

If I will be flying within Canada, what can I expect?

- You will not be permitted to board the plane if you:
 - display any symptoms of COVID-19,
 - have had any COVID-19 symptoms in the last 14 days,
 - are subject to a provincial or local public health order.

List of resources

Travelling Home for the Holidays poster - [travelling-holidays.pdf \(porcupinehu.on.ca\)](#)

Porcupine Health Unit Travel Webpage - [COVID-19: Travel \(porcupinehu.on.ca\)](#)

Government of Canada Travel and Tourism site - [Travel.gc.ca - Home](#)

ArriveCAN app webpage - [Use ArriveCAN: Submit travel information to enter Canada - Canada.ca](#)