



Good afternoon,

This is the second check in for your Quarantine in Canada. **This is a reminder that there are NO GUESTS permitted to visit you while you are in Quarantine.** This is reminder that this is the LAW according to the Quarantine Act in Canada. Therefore, take this seriously. Many of you are almost done, so please keep going as you're almost there!

Once more, please respond to my questions below:

- Have you broken the quarantine protocol in any way such as: gone out of your bedroom (besides the washroom use) or had company over?
- Are you taking and reporting your temperature daily as instructed in the quarantine protocol?
- Have you been eating regularly?
- Have you ordered food in, has anyone dropped food off, or any other items at your home? If so, how has this been handled?
- Can you rate your mental health currently? Do you have any concerns?

If you want to connect with other students in Quarantine, you can follow this link on Microsoft TEAMS:<https://teams.microsoft.com/l/team/19%3a1432ce92fad04963aa550b37050fec49%40thread.tacv2/conversations?groupId=3d5a63b7-6830-4560-8a4e-a70f65c9a21b&tenantId=ac24e1f2-a102-4f2d-a47a-dfbf5db0e6ac>

Last but not least, be sure to check out our [events calendar](#) and [clubs page](#) to start taking a look at things you can get involved in this semester as well.

Admissions Department

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