



## B.C. Self-Isolation Plan for VBCCM Students

Updated: July 2021

- **IMPORTANT NOTE:** Beginning July 5, 2021, the Government of Canada has [announced](#) that fully vaccinated travellers who are permitted to enter Canada will not be subject to the federal requirement to quarantine, to take a COVID-19 test on day-8, and to stay at a government-authorized hotel. **Travellers that are not fully vaccinated are not exempt from these requirements.**
- To be considered fully vaccinated, a traveller must have received the full series of [Government of Canada approved vaccines](#) — or combination of vaccines — at least 14 days prior to entering Canada.
- **Please note that at this time the BC Government ask every student needs to quarantine regardless of Vaccine status**
- Effective August 9, 2021, the Government of Canada has also [announced](#) that the three-night government authorized hotel stay requirement will be eliminated for **all travellers** arriving by air. All travellers must still provide a quarantine plan and be prepared to quarantine, in case it is determined at the border that they do not meet the necessary requirements.

### Prior to your travel to Canada what do you need to do?

**USE of ArriveCAN apps:** All travellers, regardless of vaccination status, will be required to submit their travel and contact information, including a suitable quarantine plan electronically via [ArriveCAN](#) before crossing the border or boarding a flight. All travellers must conduct pre- and on-arrival testing.

**COVID-19 Testing:** Before you travel to Canada you are required to take a COVID -19 test and showing a negative result prior three days of your travel date to be able to board the plane. The Canada federal require all travellers to take a COVID -19 on the day-8.

**Develop a quarantine plan:** At this time Canadian Federal Government requires all the travellers to quarantine regardless of Vaccine status, therefore it is essential for all the student to develop an effective quarantine plan prior to the travel. (Please submit your quarantine plan to the principal before you travel to Canada)

**Compliance with quarantine requirement:** All the students are required to strictly follow the Government requirement during quarantine period. Any violation of the requirement will result in school reporting the findings to the local health authority.

### Who do I need to contact at VBCCM?

Upon arrival, you must contact VBCCM to let the institution know that you are in Canada. We will update your contact information and will be phoning you for wellness checks throughout your quarantine to ensure your safety. Please immediately call us at [604-207-9389](tel:604-207-9389) (Dr. Wenpei Li).

### What does quarantine mean? How can I self-isolate?

- Quarantine means you must not leave your chosen temporary accommodation and stay there by yourself or with your co-arriving family members for 14 days from the date you arrived.
- To self-isolate, you must avoid physical contact with other people and should not use public transport;

### During Transit: Preventative Measures

During your flight, when at the airport and when travelling to your temporary accommodation, you must follow these guidelines:

- Wear a suitable mask or face covering
- Practice physical distancing
- Carry hand sanitizer and wash your hands frequently
- If necessary, wear gloves.

## How do I get from YVR Airport to my Temporary Accommodation?

1. Join the free YVR airport Wi-Fi.
2. Follow the Ride App or Taxi signs and head towards International Arrivals Level 2.

*Important: You must not use public transport. Do not use the bus or the Skytrain. You must wear a mask during your ride to the Quarantine site*

Ride App Services - [Uber](#) & [Lyft](#)

To request a ride, you will need to download, create an account and pay via the app.

### Taxis

You do not need to call a Taxi. They will line up in the designated zones. Join the queue and wait for your turn. You can pay using Canadian dollars or by using a credit card.

## Groceries

You can organize a grocery delivery online from various stores. Head to their website, add your chosen items to the cart and organize a contactless delivery to your temporary accommodation.

Supermarkets that deliver:

- [Save on Foods](#)
- [T&T](#)
- [Walmart](#)
- [Real Canadian Superstore](#)

You can also organize a contactless delivery from local restaurants through:

- [Skip the Dishes](#)
- [UberEats](#)
- [Doordash](#)

## What if I need to pick up medication?

You can organize a prescription delivery through the following pharmacies:

- [London Drugs](#)
- [Rexall](#)

## What VBCCM support services can I access?

We understand you may be feeling lonely, anxious and homesick. If you are experiencing these issues, please reach out to the President 604 207-9389

## Protecting Mental Health

The COVID-19 outbreak can have an effect on your mental health. It is common to experience mood changes and feelings of isolation, anxiety, depression and stress. If you feel like you are having trouble coping in these circumstances, help is available. please reach out to the President 604 207-9389

## What if I show symptoms of COVID-19?

If you are showing symptoms of COVID-19 and are unsure whether to seek medical care or get tested, contact your health care provider, call 8-1-1 or use the [BC COVID-19 Self-Assessment Tool](#). For testing information or results, visit the [BC Centre for Disease Control](#).

## Ending your Isolation

On completion of your 14-day quarantine period, you must visit an authorized BC Medical Clinic for a health check to ensure that you are symptom free and receive a medical note clearing you - see [here to search for a clinic near you](#). Your enrollment advisor will follow up with you to make sure you have been cleared.

## Vaccination and COVID test

British Columbia's health authorities offer vaccination **free of charge** to all eligible age groups. Currently, people born in 2003 (age 18+) can register for a COVID-19 vaccine, and others age 16+ who are clinically extremely vulnerable or pregnant. **You do not need to be enrolled in medical coverage or be a Canadian citizen to receive your vaccine, everyone age 18+ is able to receive vaccination, free of charge. This includes international students.**

- For more information check the BC Government's [Immunization Plan](#) page.
- To register online for a vaccine, go to the [Registration Page](#).
- If you do not have a care card or cannot register online, you may register by phone, (tollfree, support available in 110+ languages): **1-833-838-2323**.

## What's next?

Once you are quarantined, you can start getting ready for your time at VBCCM. Important first steps include:

- Set up a Canadian credit card and bank account

You will be required to produce a credit card for the majority of your transactions in Canada, as many businesses no longer accept cash. Make sure you secure a Canadian credit card, preferably before arrival.

- Sign up for a Canadian phone service, such as [Telus](#), [Shaw](#), [Freedom](#) or other.
- Enroll for [MSP](#)

You must apply for medical insurance immediately on arrival in Canada. There is no longer any delay in application for international students to apply for MSP - [see here for instructions](#). Our Enrolment team will contact you if you require assistance. Our Enrolment team will connect you with support if you require assistance with signing up for MSP coverage.