

COVID-19

INTERNATIONAL STUDENT GUIDE

As an international student travelling to Canada, there are several important requirements due to the COVID-19 pandemic that you must be aware of. Please read this guide and ensure you understand all points.

Note that these are **in addition** to the normal travel requirements. These do not replace any other items that may be required to obtain a study permit or enter Canada.

There are several key items that you must be aware of before travelling to Canada:

- All students, prior to leaving their country of origin, must understand and agree to the terms of their 14-day quarantine
- Prior to travelling, all students must complete the ArriveCAN Application here: <https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca/>
- All students must secure appropriate accommodations for their quarantine period and have a plan for their personal needs (food, hygiene, etc.) while quarantining
- The 14-day quarantine period is mandatory by law. Disregarding any of the quarantine requirements will result in serious consequences up to and including a fine of up to \$750,000 and/or imprisonment for six months.
- All students receive a daily check-in (by either email, Zoom, or phone) to enquire on their well being and to remind them of their responsibilities.
- InFocus is committed to ensuring community members do not have any compliance issues while undergoing the mandatory 14-day quarantine. Any issues of non-compliance will be immediately reported to the local and provincial health authorities

SELF-ISOLATION PLAN

You must be able to show how you can safely obey the law by self-isolating. That means staying home (or in appropriate accommodations) and avoiding situations

where you could come in contact with others for 14-days. Your plan must consider:

- The location of your 14-day self-isolation
- How you will travel to your isolation location
- Arranging the necessary requirements for your isolation period, including
 - Food
 - Medication
 - Personal hygiene products
 - Child Care
 - Cleaning supplies
 - Pet care
 - Social or family support

If you need assistance with your plan, you may contact a Service BC agent at:

- International: 604-412-0957
- Within Canada: 1-888-COVID19

When you are self-isolating:

- You may NOT leave your place of quarantine unless it is to seek medical attention
- You may NOT have any guests or visitors, even outdoors or if physical distancing.
- You MAY use shared spaces or private outdoor areas in your place of quarantine provided that you:
 - Avoid contact with others who did not travel with you
 - Disinfect spaces after use
 - Wear a suitable non-medical mask or face covering if a space of 2 meters from others cannot be maintained

ACCOMODATIONS FOR SELF-ISOLATION

Not all accommodations are appropriate for self-isolation. Some landlords or homestay families will allow for self-isolation but some may not.

If you are in a shared living situation with roommates who are not travelling with you and who you cannot avoid during your quarantine period, you may be required to find an alternative location to self-isolate.

Self-isolation options include:

YWCA

- Address: 733 Beatty St., Vancouver, BC V6B 2M4
- Food deliveries allowed. Delivery staff are allowed to drop off food at the door.
- Weekly housekeeping

Exchange Hotel

- Address: 475 Howe St., Vancouver, BC V6C 2B3
- What's included: Tax, weekly housekeeping service, Wi-Fi, cable TV, utilities, 15% discount on food & beverage
- Food: 15% discount on food items from the restaurant in the hotel (Mediterranean). Food deliveries are allowed. Delivery staff are allowed to drop off food at the door.
- Weekly housekeeping. Housekeepers follow COVID-19 guidelines when cleaning the unit. Guests who refuse housekeeping will be provided cleaning supplies.
- Designated floors for self-isolation rooms.

Sandman Hotel (2 downtown locations)

- Addresses: 180 West Georgia St. & 1160 Davie St., Vancouver BC
- What's included: Weekly housekeeping service, Wi-Fi, cable TV, utilities, 15% discount on food and beverage
- Food deliveries allowed. Delivery staff are allowed to drop off food at the door.
- Weekly housekeeping. Housekeepers follow COVID-19 guidelines when cleaning the unit.

TRAVEL TO YOUR ACCOMODATIONS

- Go directly to your place of quarantine without delay and stay there for 14 days from the date you arrived in Canada.
- You must wear a suitable mask or face covering while in transit.
- Practice physical distancing at all times.
- Use private transportation such as a private vehicle to reach your place of quarantine, if possible.
- Do not make any unnecessary stops on your way to your place of quarantine.

- Avoid contact with others while in transit:
 - Remain in the vehicle as much as possible.
 - If you need gas, pay at the pump.
 - If you need food, use a drive-through.
 - If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices.

NECESSITIES AND PERSONAL ITEMS

Here are some items you may require during your self-isolation period. Remember, if you forget something, you will not be able to leave your accommodations.

- Food
 - Food delivery services include Skip the Dishes, Uber Eats and Door Dash
 - Grocery delivery is available from Save-on-Foods, Stongs, Spud, and Instacart.
- Medication such as prescription medicine, painkillers (ibuprofen, acetaminophen, etc.), supplements, antacids, and other items.
 - Delivery of prescription drugs is available from the following pharmacies:
 - <https://www.pharmacybc.com/service/free-delivery/>
 - <https://pharmacy.londondrugs.com/PharmacyServices/Prescription-Delivery>
 - <https://www.rexalldirect.ca/>
- Toiletries such as soap, toothpaste, feminine hygiene products, shampoo, etc.
- Masks and/or face coverings
- Hand soap and hand sanitizer
- Household cleaning products and disinfectant
- Laundry soap
- Any personal items (computer, phone, entertainment, etc.) required for your 14-day quarantine

QUARANTINE MONITORING

A representative of the InFocus Admissions or Registrar office will contact students by phone, email and/or text each day during their 14-day quarantine period. This is to check on students' physical and mental well-being as well as general compliance with quarantine requirements.

STUDENT PARTICIPATION WHILE IN QUARANTINE

InFocus encourages all students to arrive in Canada with enough time to complete their quarantine period before classes begin. You will NOT be permitted to attend any in-class education while in your 14-day quarantine period, however, participation in distance education may be possible. Talk to an admissions advisor or program manager to see if this is possible for your situation, or to access any of the student supports and services that are available at any time.