



## B.C. Self-Isolation Plan for Alexander College Students

Under the [Quarantine Act](#), all international travelers entering B.C. are required by law to self-isolation for 14 days and complete a [Quarantine Plan](#). You should have this plan ready to show a border services officer when you arrive in Canada. If you do not show them this document, you may not be allowed into Canada. Much of the information that you will required for the plan is listed below.

**IMPORTANT NOTE:** of February 12, 2021, the Government of Canada has [announced](#) specific new quarantine measures to help contain the spread of COVID-19 which are applicable to all international students entering Canada. **"All travellers arriving to Canada by air, as of February 22, 2021,** with some exceptions, will be required to take a COVID-19 molecular test when they arrive in Canada before exiting the airport, and another toward the end of their 14-day quarantine period.

With limited exceptions, air travellers, will also be required to reserve, prior to departure to Canada, a 3-night stay in a **government-authorized hotel** [[see the approved list here](#)] Finally, **at the same time on February 22, 2021, all travellers,** whether arriving by land or air 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."

Upon arrival, **you must contact Alexander College 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 insure your safety. Once you are your approved hotel, please immediately call us at [604-558-6178](tel:604-558-6178) or email [enrollment@alexandercollege.ca](mailto:enrollment@alexandercollege.ca). After your three day approved hotel stay, you can then move on to your chosen place of isolation which you must update on your ArriveCan app.

For more information, please [click here](#).

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

- Quarantine means you must not leave your chosen temporary accommodation and stay there 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 Wifi.
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.**

### 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.

#### When Using Apps:

- If possible, download the app and create an account in advance.
- To pay you will need a debit or credit card, or a PayPal account.

## Quarantine 14-day Temporary Accommodation Options

If you require a place of residence that has not already been arranged as part of your quarantine plan, you must organize a 14-day minimum stay at a temporary location. We strongly suggest booking of the options below.

To ensure you have a room, please book in advance. When booking, ask for *the Alexander College Quarantine rate*.

### Surrey: [Ramada Langley/ Surrey](#)

**Address:** 19225 - Highway 10 (56th Avenue),  
Surrey, BC, V3S 8V9

**Phone:** (604) 576-8388

**Reservations:** 1-888-576-8388

**Price:** \$99 per night (free breakfast & WIFI)

**Check in time:** After 3PM

Tourism Burnaby has arranged discounts specifically for international student quarantine. For further details on these places of quarantine, please see the attached sheets. Prices range from \$85 to \$159 per night.

<a href="#">Holiday Inn Express Metrotown</a>	\$99/night	<a href="#">Element Vancouver Metrotown</a>	\$159/night
<a href="#">Delta Burnaby Hotel</a>	\$149/night	<a href="#">Executive Suites Hotel Metro Van</a>	\$100/night
<a href="#">Accent Inn Burnaby</a>	\$85/night	<a href="#">Hilton Vancouver Metrotown</a>	\$109/night

## 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 Alexander College support services can I access?

We understand you may be feeling lonely, anxious and homesick during the self-isolation period. If you are experiencing these issues, please reach out to our student counsellor by emailing [healthandwellness@alexandercollege.ca](mailto:healthandwellness@alexandercollege.ca).

To find out more, [click here](#).

## 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 insure 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.

## What's next?

Once you are quarantined, you can start getting ready for your time at AC - our comprehensive guide for all you need to know can be found in [Alexander College's online course AC 101](#). 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.