



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

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.

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 ensure your safety. Please immediately call us at [604-558-6178](#) or contact your Enrolment Advisor.

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 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.

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 Alexander College 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 [Health and Wellness](#) by emailing healthandwellness@alexandercollege.ca.

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.

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.