Self-Isolating (Quarantining) at St. John’s College

Self-Isolation on Return to B.C.

- Unless you are exempt, all international travellers returning to B.C. are required by law to self-isolate for 14 days and complete a self-isolation plan.
- Travellers must submit a B.C. self-isolation plan and complete the federal ArriveCAN application for approval prior to their return to B.C., or upon arrival.

https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/self-isolation-on-return#complete-plan

The BCCDC has guidelines on how to self-isolate:
http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation

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- All new residents and returning residents to Canada must quarantine (self-isolate) for 14 days.

- Residents without symptoms can self-isolate at St. John’s College but you must contact sjc.membership@ubc.ca to make arrangements prior to your arrival. The Membership Coordinator will send you an email confirming your self-isolation arrangements. You will need a mask, so please ensure you have one before travelling.
• You will need to make your own transportation arrangements from the airport to St. John’s College, i.e., Yellow cab: 604-681-1111, Black & White Checker cab: 604-731-1111. Ensure that the transportation method you choose allows for physical distancing.

• You will be able to self-isolate in the resident room that is assigned to you. All resident rooms have their own private washrooms with shower facilities.

• Meals will be delivered in a plastic bag and placed outside of your door. The Meal Plan is offered 6-days a week (Sunday-Friday, breakfast & dinner). You mail email the kitchen to request extra meals, please make sure to do so before noon the day prior.

• Residents who will be self-isolating should bring enough garments, medication, and personal toiletries to last 14-days. Please also be sure to bring a towel.

• Garbage may be placed outside of your door in a securely-tied plastic bag for pick-up.

• If you are a new resident you will find hand soap; paper towel; toilet paper; garbage bags; small supply of laundry soap to hand wash items; one plate, fork, knife, spoon and mug (to returned after the self-isolation period); Ethernet cable; and information on how to purchase more of these items in the information sheet in your room. If you are a returning resident, please advise if you need any of these items in your room for self-isolating.

• If you are a new resident you may find purchasing the following items handy: kettle, mug, a router for wireless internet. You may purchase these items online and have them delivered to St. John’s College prior to your arrival and we will be happy to put them in your room for your room.

• You will be provided on-site contact numbers in your room if you should need assistance during the quarantine period.
If you develop symptoms

- Symptoms of COVID-19 are like other respiratory illnesses. Commonly, these are fever/chills, cough, sore throat, and shortness of breath. Shortness of breath and chest pain can be signs of severe illness.
- If you develop symptoms, you should be tested for COVID-19. If you are unsure, you can use the BC COVID-19 Self-Assessment Tool to help determine if you need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to. Find a location to get tested.
- After doing the self-assessment tool, if you still have questions, contact your healthcare provider or call 8-1-1 for guidance.
- If the symptoms are severe such as shortness of breath (e.g. struggling to breathe or speak in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.