



St. John's College

The World Around Our Table

Quarantining (Self-Isolation) at St. John's College

Welcome to St. John's College!

The 14-day quarantine period will go by faster than you think and we are here to support you.

You do need to stay in your room as directed <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>.

Non-medical information about COVID-19 is available 7:30am-8pm, 7 days a week at 1-888-COVID19 (1-888-268-4319)

Visit British Columbia's Response to COVID-19 web page for test locations, assessment tool, get the app, and get the latest provincial updates and news.

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-recovery/covid-19-provincial-support>

Do NOT leave your place of quarantine unless it is for a medical emergency, an essential medical service or treatment, to obtain a COVID-19 molecular test, or it is pre-authorized.

Do NOT use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>

*In the event of an emergency such as the fire alarm, please put your mask and leave your room and exit the College.

Meal plan information:

You may contact sjc.chef@ubc.ca for information on ordering additional food for your lunches. *Please note there is an additional cost for all items that are in addition to what is covered in the meal plan.

*Your meals will be delivered between 8 – 8:30 am and 5:15 -5:45 pm

Additional Needs Information:

Where to order pizza, sushi, etc., or for other supply recommendations, please send an email to the Resident Life Advisor:

Demet Kirmizibayrak - Email: demet@phas.ubc.ca

Laundry

You should have enough garments and personal toiletries to last 14 days

Maintenance Request (SJC members)

Please submit your maintenance request through your housing account.

<https://secure.housing.ubc.ca/>

After you log in, go to Residents-After Moving in- then click Maintenance request. You scroll down the page and you will see “submit your request” at the bottom of the page.

When you submit maintenance request through your housing account. Please add those questions below that apply to you in the comment section with your answer. E.g., travelled outside Canada in the past 14days ** Yes. I arrived from USA on January 4th, 2021

- Travelled outside Canada in the past 14 days?
- Were laboratory-tested for COVID-19 (novel coronavirus) and have tested positive?
- Have been laboratory-tested for COVID-19 and am awaiting results?
- Came into contact with someone officially diagnosed with COVID-19 (i.e. a lab-tested diagnosis)?
- Were instructed or advised by a healthcare professional to self-isolate / stay at home?

Updated: 2021-05-04

SB – SJC Quarantine (Self-Isolation) Instructions

- Were advised via the online COVID-19 BC Self-Assessment Tool to self-isolate / stay at home?

Package Delivery

If you order goods online and they arrive while you are quarantining, the Office will email you and place the parcel outside of your door with a brief knock and a “parcel arrival” announcement. It is your responsibility to retrieve your parcel in a timely way.

If you need help picking up an unexpected prescription, please call the SJC Office at 604-822-8781 from 8:30 am to 4:30 pm, otherwise, please contact a Resident Life Advisor.

If you develop symptoms

- Call **8-1-1** for guidance. This is a registered nurse help line for **non-emergencies**.
- Advise Office Manager, Stacy Barber at 822-8781 or stacy.barber@ubc.ca. Alternatively in the evenings or weekends, you may contact at Resident Advisor.
- 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.

Quarantine 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>

- 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 quarantine (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 quarantine (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 by resident volunteers. The Meal Plan is offered 6-days a week (Sunday-Friday, breakfast & dinner). You may email the kitchen to request extra meals, please make sure to do so before noon the day prior.
- Residents should bring enough garments, medication, and personal toiletries to last 14-days. Please also be sure to bring a towel.

- If you have garbage, please place outside of your door in a securely tied garbage bag for pick-up at 10am Monday to Friday. Please sort your trash into compostables, recyclables and non-recyclables.
- UBC sustainability A-Z RECYCLEPEDIA SEARCH
<https://sustain.ubc.ca/get-involved/campaigns/sort-it-out/z-recyclepedia-search>
- 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.