



FIRST COLLEGE

KELOWNA CAMPUS

532 Leon Ave, Second Floor

Kelowna, BC V1Y 6J6

P. 778.478.6611 F: 778.478.6610 E: info@firstcollege.ca

Appendix A - B.C. Quarantine Plan for First College Students

Under the [Quarantine Act](#), all international travelers entering B.C. are required by law to self-isolate 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 be required for the plan is listed below.

IMPORTANT NOTE: As 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 First 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. Once you are at your approved hotel, please immediately call us at 778-478-6611 or contact your Student Advisor. After your 3-night approved hotel stay, you can then move on to your chosen place of isolation which you must update on ArriveCAN.



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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. Use the Ride App (Uber/Lyft) 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.

At this time, you must book and pay for a 3-night hotel stopover before you arrive in Canada. For the remainder of your 14-day quarantine, you must organize a stay at the original hotel, another hotel, or private residence. Please note that it is not necessary to stay in the original hotel after the 3-night stopover. To ensure you have a room, please book in advance.



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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
- Doordash

WHAT IF I NEED TO PICK UP MEDICATION?

You can organize a prescription delivery through the following pharmacies:

- London Drugs
- Rexall

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 Student Advisor will follow up with you to make sure you have been cleared.