



THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Medicine

PGME Incoming Resident Package

COVID-19 Travel Restrictions

Logistical Information

Resources & Guidelines for Self-isolating Incoming Trainee

ACTION REQUIRED BY INCOMING TRAINEES: PLEASE READ

The Government of Canada has put in place an Emergency Order under the *Quarantine Act*. **This requires any person entering Canada by air, sea or land to self-isolate for 14 days whether or not they have symptoms of COVID-19.** More information can be found [here](#).

You must have a plan for how you will self-isolate for 14 days after arrival to Canada and how you will obtain medical care if you become sick. While in self-isolation you will be unable to leave your accommodation for any purpose.

When you arrive in Canada you will be asked if you have a self isolation plan. If prompted you should be able to provide information on the following: accommodation in Canada, transportation to accommodation, arrangements for food and medication, if applicable. More information on options available can be found below.

Your compliance with the emergency order will be subject to monitoring, verification and enforcement. Violating any instructions provided to you when you entered Canada is an offence under the Quarantine Act and could lead to up to 6 months in prison and/or \$750,000 in fines. If you do not have a plan on how to self-isolate, including how to get groceries and other essential services, you should delay your travel plans.

UBC is also required by Employment and Social Development Canada (ESDC) to retain certain information about your travel to Canada and self isolation plan. To comply with ESDC's Special Compliance Requirements, we have outlined steps below that must be followed by all trainees travelling to Canada. These steps will allow UBC to be in a better position to respond to any potential requests from ESDC for information that might have short turnaround times.

We are asking all incoming trainees to follow these steps to assist with the tracking of all incoming trainees:

1. Once confirmed, send all travel arrangements (itinerary, method of travel, accommodation) and [Self-Isolation Plan](#) to your program administrator, in advance.
2. Once in Canada, please send another email to your program administrator confirming your arrival, providing a copy of your work permit and details of your accommodation for the mandatory self-isolation period of 14 days.

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CORONAVIRUS DISEASE (COVID-19)

You may have come in contact with the virus that causes COVID-19

MANDATORY QUARANTINE

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada. You **MUST QUARANTINE for 14 days and monitor yourself for symptoms** subject to the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation) No. 2*.

Your compliance with this Order is subject to monitoring, verification and enforcement. Those in violation may face detention in a quarantine facility as well as fines and/or imprisonment.

YOU MUST QUARANTINE WITHOUT DELAY

- ▶ **Go directly to your place of quarantine** without delay and stay there for 14 days from the date you arrived in Canada, or longer if you develop signs and symptoms of COVID-19, or have been exposed to another person subject to the Order who has signs and symptoms of COVID-19.
- ▶ **Do not quarantine** in a place where you have contact with **vulnerable individuals**, including those who have an underlying medical condition, compromised immune system from a medical condition or treatment, or are 65 years of age or older.
- ▶ Ensure you have a **suitable place of quarantine** that has the necessities of life.
- ▶ Ensure you **wear an appropriate mask or face covering**, especially while in transit.
- ▶ **Practise physical distancing** at all times.
- ▶ **Use private transportation** such as a private vehicle if possible.
- ▶ **Do not make any unnecessary stops** on your way to your place of quarantine.
- ▶ **Avoid contact with others** while in transit:
 - Remain in the vehicle as much as possible;
 - Avoid staying at a hotel;
 - If you need gas, pay at the pump;
 - If you need food, use a drive through;
 - If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices.

YOU MUST MONITOR YOUR HEALTH FOR 14 DAYS

FEVER



COUGH



DIFFICULTY BREATHING



If you start having symptoms of COVID-19 (cough, shortness of breath, or fever equal to or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating):

- ▶ Isolate yourself from others.
- ▶ Immediately call the public health authority and describe your symptoms and travel history, and follow their instructions.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

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WHILE IN QUARANTINE

It is important that you:

- ▶ **Wash your hands often** with soap and warm water for at least 20 seconds, or use an alcohol-based hand sanitizer if soap and water are not available.
- ▶ **Avoid touching your face.**
- ▶ **Cover your mouth and nose** with your arm when coughing or sneezing.
- ▶ **Limit contact with others** within the place of quarantine, including children and those who have not travelled nor been exposed to the virus.

You MUST:

- ▶ **Stay at your place of quarantine.**
- ▶ **Not leave** your place of quarantine unless it is to seek medical attention.
- ▶ **Not use public transportation** (e.g. buses, taxis).
- ▶ **Not have visitors.**
- ▶ **Not go to school, work or any other public areas.**
- ▶ **Arrange for the necessities of life** (e.g. food, medications, cleaning supplies) to be delivered to your place of quarantine.

Follow the instructions provided and online:

www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html

PUBLIC HEALTH AUTHORITIES

PROVINCES AND TERRITORIES	TELEPHONE NUMBER	WEBSITE
British Columbia	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-888-315-9257	www.manitoba.ca/covid19
Ontario	1-866-797-0000	www.ontario.ca/coronavirus
Quebec	1-877-644-4545	www.quebec.ca/en/coronavirus
New Brunswick	811	www.gnb.ca/publichealth
Nova Scotia	811	www.nshealth.ca/public-health
Prince Edward Island	811	www.princeedwardisland.ca/covid19
Newfoundland and Labrador	811 or 1-888-709-2929	www.gov.nl.ca/covid-19
Nunavut	1-867-975-5772	www.gov.nu.ca/health
Northwest Territories	811	www.hss.gov.nt.ca
Yukon	811	www.yukon.ca/covid-19

FOR MORE INFORMATION:



1-833-784-4397



canada.ca/coronavirus

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ADDITIONAL RESOURCES

- **SERVICE BC** can assist incoming travellers with a self-isolation plan (please note that the province allows for a traveller to submit their isolation plan ahead of time, visit <https://travelscreening.gov.bc.ca/>):

Need Assistance?

Need help with your self isolation plan? Talk to a Service BC agent

Child Care

Travel restrictions

Business and funding support

Service is available 7:30am to 8pm Pacific Time

International

1-604-412-0957

Within Canada

Text 1-604-630-0300

Call 1-888-COVID19

(1-888-268-4319)

Standard message and data rates may apply.

- **MEDICAL COVERAGE:** The Province of BC website has many useful links, including information about BC's Medical Services Plan and the temporary waiving of the coverage wait period: [COVID-19 Provincial Support & Information](#)
- **CONCIERGE SERVICES TO HELP WITH TASKS WHILE QUARANTINED:** [Modern Life Management](#) is a personal concierge service which can assist you with various tasks such as picking up groceries or prescriptions, setting up utilities in your new home, etc. Contact Ashley van Strien at contact@modernlifemanagement.com or 604-649-7017 for rates or booking.

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- **ACCOMMODATION**

[Westin Wall Centre, Vancouver Airport](#)

Average per night: \$215 (1 King Bed, traditional guest room), \$225 (2 Queen Beds, traditional guest room), \$257 (1 King Bed, Deluxe room)

No Cooking Facilities in rooms, has room service, mini fridge and coffee and tea

[Radisson Hotel, Vancouver Airport](#)

Average per night: \$225 (2 Queen Beds, standard room), \$320 (1 King Bed, 1 bedroom suite), \$460 (1 King apartment suite with full service kitchen)

[Exchange Hotel](#)

Current weekly rates of \$450. Two weeks for \$840. Deluxe or Superior Room Category at Exchange at \$1,450 monthly, including tax. Patio Suite or any other suite (have 4 in total) at \$2,300 monthly including tax. Single King, Queen or Two-Queen Bedded rooms; All suites have pull out sofa and a bathtub. Pet friendly.

[Le soleil](#)

Weekly rate of \$450. Two-Weeks at \$840. Monthly 1,450 (including tax) for Queen Suite at Le Soleil. La Lune Penthouse with stunning views terrace - \$2,300 including parking (special deal). Pet friendly.

[Sandman Suites – Davie Street](#)

Average per night: \$123 (twin single suite with sofa, kitchen with fridge/freezer, microwave, cooktop oven), \$133 (Queen suite with sofa, kitchen with fridge/freezer, microwave, cooktop oven), \$160 (king suite with sofa, kitchen with fridge/freezer, microwave, cooktop oven)

[Georgian Court Hotel](#)

Average Per night: \$215 (2 Queen beds, with mini fridge, coffee and tea facilities), \$232 (1 king bed with mini fridge), \$265 (1 King bed, suite with microwave and refrigerator)

[Sheraton Vancouver Wall Centre](#)

Average Per night: \$236 (1 king bed, traditional guest room), \$288 (1 king, deluxe guest room), \$303 (2 double beds, deluxe guest), \$318 (1 king, large room)

No Cooking Facilities in rooms, has room service, mini fridge and coffee and tea

[Century Plaza](#)

May Rates - Studio Rooms - 99.00 per night + 16% tax, one bedroom suite with balcony and full kitchen - \$119.00 per night + 16% tax. June/July Rate is \$149.00 for studio room, \$169.00 for one bedroom suite.

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[Staying Level](#)

June Rates - A Level Suite with queen bed - \$150.00 per night +16% taxes, one bedroom suite (queen/king bed with queen sofa bed) - \$190.00 per night + 16% taxes

Suites include full kitchen, in-suite washer and dryer.

Guests would also have access to 24 hour concierge service and a complimentary parking stall.

- **TRANSPORTATION**

Public transportation, including taxi from the airport to the place of quarantine is available if private transportation is not available (private transportation is still recommended). If the traveler has signs or symptoms of COVID-19, public transportation is not an option.

It is important to follow these guidelines when taking public transit:

- Ensure you wear an appropriate mask or face covering, especially while in transit.
- maintain physical distancing of 2 metres from other passengers on public transportation
- travel straight to your place of quarantine.

Car rental companies located at YVR terminal on the ground floor of the parkade.

Average price for a 14-day rental is \$295.

- [National](#)
- [Alamo](#)
- [Hertz](#)
- [Dollar Thrifty](#)
- [Avis](#)
- [Budget](#)

- **GROCERY DELIVERY**

[Instacart](#)

- Delivers from partnering retailers in your location
- Schedule delivery for as fast as an hour, or for later in the day or week to fit your schedule.
- Delivery windows start as early as 9am and run as late as midnight. Check local store hours. Delivery hours are subject to store operating hours, which includes holidays.
- Meet your Shopper at your door to get your groceries.
- There is a 5% (or \$2 minimum) service fee that applies to non-alcohol items for a la carte (non-Express) customers. The service fee is not a tip
- Delivery fees can differ based on the time you want your order delivered, and how large the order is.
- Delivery fees are higher during busy times. There will be a clear indication of this when you are choosing your delivery time.
- Delivery fees range from \$3.99-\$7.99. As always, Instacart Express members get free delivery on orders over \$35.

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Save On Foods

- delivery fee varies by timeslot
- can order for today for delivery or pickup as early as following day or you can order up to 30 days in advance
- order early to ensure you get the timeslot that you prefer.
- minimum order value of \$40

Spud

- local, organic, and sustainable groceries by working directly with farmers and other producers. Liquor, meat, seafood, read to eat, pet food
- order is carefully packed in a reusable bin, with dry ice to keep frozen items frozen, and cold packs to keep perishable items cool.
- Order deadline – 3pm
- Each area has at least one free delivery day a week, Delivery is free for most orders over \$35.00.

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