Resources & Guidelines for Self-isolating Incoming Faculty

*ACTION REQUIRED BY INCOMING FACULTY MEMBERS: PLEASE READ ALL*

This is Version Twelve, updated with information current as of July 8, 2021.

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.

For information on planning your quarantine/self isolation period, please see the Government of Canada website. The BC Centre for Disease Control website has further information on COVID-19 in BC and resources for self-isolating. For additional resources to plan your self-isolation period, please also see the Appendix with more information on medical coverage, accommodation, transportation, food delivery etc.

New Government Announcement:

Exemption for eligible fully vaccinated travelers

As of July 5, 2021, there will be some exemptions for people eligible to enter Canada, who also meet specific conditions for fully vaccinated travelers. COVID-19 vaccinated travelers entering Canada.

Travel restrictions on who can enter Canada remain in place.

You may qualify for certain exemptions to quarantine and testing requirements if you:

- are eligible to enter Canada
- are asymptomatic
- meet the Government of Canada requirements of fully vaccinated travelers
- meet all other entry requirements, including entering your information in ArriveCAN before arrival

Those who meet the requirements may be exempt from:

- quarantine
- hotel stopover (for air travelers)
- day-8 testing requirement
- Minor children who are not vaccinated will be exempted from the mandatory hotel requirement if they are accompanying fully vaccinated parents, but will be required to quarantine for the full 14 days and complete the Day 8 Test if applicable.

Travel restrictions on who can enter Canada remain in place.

Update ArriveCAN app: The fully vaccinated exemption came into force on July 5, 2021 and you will need to update the ArriveCAN app. You can only upload your proof of vaccination into ArriveCAN after that time.
## REQUIREMENTS FOR ENTRY INTO CANADA:

<table>
<thead>
<tr>
<th>Non-vaccinated/Single dose</th>
<th>Fully vaccinated</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Entering by LAND</strong></td>
<td><strong>Entering by AIR</strong></td>
</tr>
<tr>
<td>- Plan your quarantine.</td>
<td>- Plan your quarantine.</td>
</tr>
<tr>
<td>- Create an account with Switch Health in advance.</td>
<td>- Pre-register for your arrival test in advance to save time at the airport.</td>
</tr>
<tr>
<td>- 3-night hotel stay not applicable</td>
<td>- Pre-book your 3-night hotel stay upon arrival.</td>
</tr>
<tr>
<td>- Take a COVID-19 molecular test in the U.S. within 72 hours before arrival at the border.</td>
<td>- Take a COVID-19 molecular test within 72 hours before your scheduled flight.</td>
</tr>
<tr>
<td>- Enter your information on ArriveCAN</td>
<td>- Enter your information on ArriveCAN</td>
</tr>
<tr>
<td>- Have your ArriveCAN receipt and test result ready.</td>
<td>- Have your ArriveCAN receipt and test result ready.</td>
</tr>
<tr>
<td><strong>Before Departure</strong></td>
<td><strong>Upon arrival</strong></td>
</tr>
<tr>
<td>- Provide required information and documents; Answer all eligibility and health screening questions.</td>
<td>- Complete a COVID-19 molecular test at the airport.</td>
</tr>
<tr>
<td>- Collect 2 COVID-19 molecular test kits</td>
<td>- Collect a test kit for use on Day 8 of your quarantine.</td>
</tr>
<tr>
<td>- Complete the first test at the border, if on-site services are available; if not, complete the test at your place of quarantine the day you arrive.</td>
<td>- If you have symptoms or an unsuitable quarantine plan, you will be directed to a designated quarantine facility.</td>
</tr>
<tr>
<td>- Keep the second kit for use on Day 8.</td>
<td><strong>After arrival</strong></td>
</tr>
<tr>
<td><strong>If you have symptoms or an unsuitable quarantine plan, you will be directed to a designated quarantine facility or other suitable location.</strong></td>
<td><strong>If your arrival test is negative:</strong></td>
</tr>
<tr>
<td><strong>Entering by LAND or AIR</strong></td>
<td>- check out of hotel and go directly to your place of quarantine</td>
</tr>
<tr>
<td>- Go directly to your place of quarantine.</td>
<td>- complete and ship the Day 8 test kit</td>
</tr>
<tr>
<td>- If you didn’t complete a test at the border, follow the instructions in your kit to complete it the day you arrive.</td>
<td>If positive:</td>
</tr>
<tr>
<td>- Use ArriveCAN or call 1-833-641-0343 to check-in the day after you enter Canada and to report symptoms daily.</td>
<td>- you will be directed to a designated quarantine facility or other suitable location</td>
</tr>
<tr>
<td>- Complete and ship your Day 8 test kit according to the instructions.</td>
<td>- your 14-day quarantine period begins again from the time you took your positive test</td>
</tr>
<tr>
<td>- You will be contacted by Government of Canada and provincial or territorial officials.</td>
<td>- Use ArriveCAN or call 1-833-641-0343 to check-in the day after you enter and to report symptoms daily.</td>
</tr>
</tbody>
</table>

**Disclaimer:** The Government of Canada and B.C. may change the relevant travel restrictions and the overall process at any time with minimal notice. In the event of any conflict or inconsistency between the information on this document and the information on any official Government sources, the information on the Government sources will always take precedence. We also recommend everyone check the official government sources for the most up-to-date information before making any travel arrangements.

Please note, the information on this document is to be used as a general resource only for Administrators that may be assisting faculty or staff that are travelling internationally to Canada. As always, the individual’s entry to Canada remains at the discretion of the corresponding airline or Government personnel involved with each step of the screening process.

2
DETAILS FOR NON-FULLY-VACCINATED TRAVELERS

Entering Canada by Air:

In addition to providing a negative pre-departure COVID-19 test, all air travelers arriving in Canada must take two COVID-19 molecular tests — one on arrival at the airport and one as part of an at-home test kit to be completed later in the quarantine period. **Before traveling to Canada, you must also book and pay for a three-night stay in a government-authorized accommodation where you will remain until receiving the results from your first test.** The list of government-authorized accommodation and how to book your stay can be found on the Government of Canada site.

If you are connecting to another destination within Canada, note that you must take your test on arrival and **complete the mandatory hotel stay at your first point of entry into Canada.** If you receive a negative test result, you can continue to your final destination within Canada and complete the remainder of your quarantine there. If the results of the first test are positive, you will be moved to a federal designated quarantine facility to complete the balance of your quarantine.

**Take a COVID-19 test 72 hours prior to the departure of your flight:**

All travelers five years of age or older entering Canada from an international destination are required to provide, prior to boarding a flight, a negative COVID-19 molecular test. The test must be taken within 72 hours of departure from your flight to Canada. You do not need to provide a negative COVID-19 test if:

- You were previously diagnosed with COVID-19 but have since recovered, and you tested positive with a COVID-19 molecular test taken between 14 and 90 days prior to departure. For more details visit the Government of Canada site.
- Children under 5 years of age are not required to provide a negative COVID-19 test. Children who are 5 years old on the day of travel must have proof of a negative COVID-19 test.
- For other scenarios which may be exempt from this requirement, please see this [page](#).

**Entering by Land Border:**

- All travelers, with limited exceptions, will be required to provide a negative COVID-19 molecular test result taken in the US within 72 hours of pre-arrival.
- Alternatively, travelers may present a positive test taken 14 to 90 days prior to arrival
- Travelers entering Canada by land will be required to take a COVID-19 molecular test on arrival as well as toward the end of their 14-day quarantine.
- There are 3 ports of entry in BC available for arrival testing: Douglas, Pacific Highway, Abbotsford-Huntingdon. For entry at a different provincial border, see the full list of testing locations [here](#).
For all details on pre-departure COVID-19 testing for entry into Canada, including how to create your Switch Health account, visit the Government of Canada site.

For information on Canada’s mandatory quarantine and self-isolation, including making your quarantine plan, visit the Government of Canada site.

ARRIVECAN APP: Canada Border Services Agency has launched the ArriveCAN mobile app. As part of Canada’s efforts to reduce the spread of COVID-19 and prevent importation, all travellers are required to provide contact and quarantine information upon and after entry into Canada.

All travellers to Canada will be required to submit information digitally.

Information for All Incoming Faculty

All travellers, whether they travel by air, land or sea, must provide information after their entry into Canada.

You must use ArriveCAN or call 1-833-641-0343 to:

- confirm that you’ve arrived at the address you provided for your quarantine or isolation location within 48 hours of your entry into Canada
- complete daily COVID-19 symptom self-assessments during your quarantine period

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 except to seek medical attention.

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 faculty members 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.

All faculty members must keep in close contact with their departments to ensure that they are providing regular updates on the following:

- The status of their application for a Work Permit
- Any travel arrangements that have been made or that you are intending to make
- If you have been authorized to travel, your intended arrival date in Canada, your travel progress, your isolation plan, etc.

Travellers with the following documents will have the best chance of being allowed to board a plane and enter Canada on arrival:

<table>
<thead>
<tr>
<th>Document</th>
<th>Provided by</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid work permit approval letter</td>
<td>IRCC from an approved work permit application</td>
</tr>
<tr>
<td>Employer support letter explaining the urgent and essential nature of the job in Canada</td>
<td>The Dean of respective faculty</td>
</tr>
<tr>
<td>14-day self-isolation plan</td>
<td>Created by the faculty member</td>
</tr>
<tr>
<td>Signed job offer</td>
<td>By the department</td>
</tr>
</tbody>
</table>

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

1. Once confirmed, send all travel arrangements (itinerary, method of travel, accommodation) to your department administrator, in advance.
2. Once in Canada, please send another email to your department 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.

Relocation of Personal effects:

Important to note: if your personal effects are being transported by a moving company, your shipment will not be cleared by the Canadian Border Services Agency (CBSA) until the 14-day self-isolation period (if applicable to you) is completed; understanding that upon entering Canada, people must go directly to their place of self-isolation. Those people that are granted entry to Canada are legally required to clear their goods personally by showing their work permit and other identification, such as a passport. Once you have finished your mandatory self-isolation period, you can proceed to release your goods from the CBSA (where applicable).
Faculty Acknowledgement of Responsibility

Please sign and return this page via email to ubcfrel-g-admin@mail.ubc.ca and Immigration.Help@ubc.ca.

Each department is responsible for working with the faculty member to create a self-isolation plan, which must be provided to ubcfrel-g-admin@mail.ubc.ca and Immigration.Help@ubc.ca before their travel.

A self-isolation plan must include:

- The location of the 14-day self-isolation, and mode of transportation to the location
- Arranging the necessary supports:
  - Food, cleaning supplies, medications, child care and pet care supplies
  - Social or family support
- The following statement and acknowledgement section:

As of July 5, 2021, fully vaccinated travellers may be exempt from the full 14-day quarantine requirement, day 8 COVID-19 test, and the hotel stay if they meet select criteria. Please have the incoming faculty member review and acknowledge the following:

- [ ] I have read and believe that I do qualify under the Exemption from Quarantine requirements.
- [ ] I have read and believe that I do not qualify under the Exemption from Quarantine requirements.

In summary, Administrators must follow these steps to track all incoming faculty members:

**Step 1:** Inform the incoming Faculty/Staff member that any person entering Canada by air, sea or land must self-isolate for 14 days whether or not they have symptoms of COVID-19. Retain proof for future inspections.

**Step 2:** Send an email to ubcfrel-g-admin@mail.ubc.ca and Immigration.Help@ubc.ca with contact info, planned travel arrangements and planned accommodations in Canada for each incoming faculty member.

**Step 3:** Upon arrival of each faculty member, please confirm their arrival by sending a second email to ubcfrel-g-admin@mail.ubc.ca and Immigration.Help@ubc.ca with a copy of the faculty member’s work permit, arrival date and confirmed accommodation for at least the 14-day self-isolation period or confirmation that they were found to be exempt from quarantine.

I understand and will ensure our faculty is in compliance with the responsibilities outlined here. If questions arise, we will contact Siobhan Murphy, Director of Housing & Relocation Services, for guidance immediately.

____________________________  _____________________________
Faculty Member Name    Department

____________________________  _____________________________
Dean’s Signature    Faculty

____________________________
Date

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APPENDIX

ADDITIONAL RESOURCES

• **SERVICE BC** can assist incoming travellers with a self-isolation plan, and can provide helpful info on the self-isolation period and travel restrictions. Call or text a Service BC representative:
  
  Phone: 1-888-COVID19 (7:30am-8pm PST)
  Text: 1-604-630-0300 (7:30am-5pm PST)
  International: 1-604-412-0957

• **MEDICAL COVERAGE:** The Province of BC website has many useful links, including information about BC’s Medical Services Plan: [COVID-19 Provincial Support & Information](https://hr.ubc.ca/benefits/benefit-plan-details/bc-medical-services-plan/insurance-during-msp-waiting-period). When moving to BC, there is a coverage wait period consisting of the balance of the month in which residence in British Columbia is established, plus two months, before benefits can begin. New or returning residents arriving from outside Canada should contact a private insurance company for coverage during this period. UBC has two vendors that you can apply for temporary emergency healthcare with: David Cummings Insurance or Sun Life Assurance, Inpatriate Plan.
  
  • **CONCIERGE SERVICES TO HELP WITH TASKS WHILE QUARANTINED:** [Modern Life Management](https://modernlifemanagement.com) 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.

• **ACCOMMODATION (updated June 2021)**

  The following hotels have confirmed they will accept travelers for the self-isolation period. Prices vary according to each hotel and the type of stay. Please contact the hotel directly to inquire or book.

  *Information listed is subject to change; please confirm details of your stay directly with your chosen accommodations.*
<table>
<thead>
<tr>
<th>Government authorized for 3-day hotel quarantine</th>
<th>No Cooking Facilities in rooms, has room service, mini fridge and coffee and tea. Travellers may need to sign an agreement not to leave the room for the duration of their isolation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Westin Wall Centre, Vancouver Airport</td>
<td>Accepting travelers as long as they have no symptoms. Mini fridge, coffee and tea.</td>
</tr>
<tr>
<td>Radisson Hotel, Vancouver Airport</td>
<td>Single King, Queen or Two-Queen Bedrooms; All suites have pull out sofa and a bathtub. Pet friendly. Mini fridge, coffee and tea.</td>
</tr>
<tr>
<td>Exchange Hotel</td>
<td>No Cooking Facilities in rooms, has room service, mini fridge and coffee and tea. Offers 14-day quarantine package. Call to inquire.</td>
</tr>
<tr>
<td>Sheraton Vancouver Wall Centre</td>
<td></td>
</tr>
</tbody>
</table>

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<thead>
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<th></th>
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</thead>
<tbody>
<tr>
<td>Le soleil</td>
<td>Queen suite with sofa, kitchen with fridge/freezer, microwave, cooktop oven; king suite with sofa, kitchen with fridge/freezer, microwave, cooktop oven</td>
</tr>
<tr>
<td>Sandman Suites – Davie Street</td>
<td>Available for incoming faculty. Average nightly fee of $69 + tax. Fully equipped kitchens, linen provided. Optional meal plan for an additional $45/day. Contact: <a href="mailto:reservations@housing.ubc.ca">reservations@housing.ubc.ca</a> or 604-822-1000 (or toll free at 1-888-822-1030)</td>
</tr>
<tr>
<td>UBC Conferences and Accommodations</td>
<td>Mini fridge and tea and coffee.</td>
</tr>
<tr>
<td>Georgian Court Hotel</td>
<td>Rates includes breakfast and parking. Temperature check required upon check-in.</td>
</tr>
<tr>
<td>Century Plaza</td>
<td>Studio suite with queen bed; one-bedroom suite (queen/king bed with queen sofa bed); two-bedroom suites available. Suites include full kitchen, in-suite washer and dryer, and access to 24-hour concierge service and a complimentary parking stall.</td>
</tr>
<tr>
<td>Staying Level</td>
<td></td>
</tr>
</tbody>
</table>
• **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 directly to your place of quarantine

Car rental companies are located at YVR terminal on the ground floor of the parkade.
Average price for a 14-day rental is $295.

<table>
<thead>
<tr>
<th>National</th>
<th>Dollar Thrifty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alamo</td>
<td>Avis</td>
</tr>
<tr>
<td>Hertz</td>
<td>Budget</td>
</tr>
</tbody>
</table>

• **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.
- 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 from $3.99-$7.99; fees differ based on the time of delivery, and size of order. Prices indicated when choosing your delivery time. Instacart Express members get free delivery on orders over $35.

**Save On Foods**
- Delivery fee varies by timeslot
- Delivery or pickup available as early as following day; can order up to 30 days in advance
- Minimum order value of $40

**Spud**
- Local, organic, and sustainable groceries by working directly with farmers and other producers. Liquor, meat, seafood, ready to eat, pet food available.
- 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