

# Quarantine Information for International Students

## Who Needs to Quarantine?

Note: as of August 9, 2021, the three-night hotel stopover requirement ended for all travelers scheduled to arrive by air.

**Fully vaccinated travelers** permitted to enter Canada are not subject to the federal requirement to quarantine or take a COVID-19 on the 8<sup>th</sup> day after arrival. Those arriving by air will not be required to stay at a government-authorized hotel. These travelers must meet all the following requirements:

- be eligible to enter Canada on the specific date you enter (you must have the correct documents and be travelling for an essential purpose, such as studying at VAM)
- have no signs or symptoms of COVID-19
- have received the full series of an accepted COVID-19 vaccine or a combination of accepted vaccines
- have received your last dose at least 14 days prior to the day you enter Canada
  - Example: if your last dose was anytime on **Thursday July 1st**, then **Friday July 16th** would be the first day that you meet the 14 day condition
- upload your proof of vaccination in ArriveCAN
- meet all other entry requirements (for example, pre-entry test)

### Accepted COVID-19 vaccines in Canada

- Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2)
- Moderna (mRNA-1273)
- AstraZeneca/COVISHIELD (ChAdOx1-S, Vaxzevria, AZD1222)
- Janssen/Johnson & Johnson (Ad26.COV2.S)

[Click here](#) for complete information on entering Canada as a fully vaccinated traveler. **Even if you do not expect to quarantine, you must have a quarantine plan** to enter Canada.

**Travelers who are not fully vaccinated** must continue to adhere to all testing and quarantine requirements in effect prior to these relaxed measures, outlined in this document.

[Click here](#) for details on how the Government of Canada's travel requirements changed on July 5, 2021.

## Entering Canada by land and air during COVID-19

### All travelers: before you arrive

- Plan your quarantine, even if you are fully vaccinated in case it is determined at the border that you do not meet the requirements for the quarantine exemption
- Take a COVID-19 molecular test within 72 hours before arrival at the border, or be prepared to show proof of a positive COVID-19 molecular test taken 14-180 days before arrival.
- If you are unvaccinated and have proof of a negative test result, create an account with an in-Canada Arrival test provider in advance
- Use ArriveCAN to enter your information within 72 hours of arriving to Canada, including pre-arrival test result and proof of vaccination.
- If you are a vaccinated traveler, prepare your actual vaccine documentation and retain for 14 days after entry. This is in addition to the ArriveCAN receipt.

### Fully vaccinated travelers: At the border

- Provide documentation and answer all eligibility and screening questions
- You will not need to take an on-arrival test unless you are randomly selected and asked to do so. If you are selected for an on-arrival test, you do not need to quarantine while awaiting results.
- If the test is positive, isolate yourself immediately and contact local public health authorities.

### Unvaccinated travelers: At the border

- Provide documentation and answer all eligibility and screening questions
- Collect 2 COVID-19 molecular test kits
- Complete on-arrival test
- Keep second kit for use on Day 8
- If you are symptomatic or have an unsuitable quarantine plan, follow direction provided

### Unvaccinated travelers: Travelling to your place of quarantine

While you travel, you must wear a mask and practice physical distancing at all times.

**Avoid stops and contact with others** while in transit to quarantine:

- Use a private vehicle if possible
- Remain in the vehicle as much as possible
- Pay at the pump for gas and use drive through when you need food
- Wear a suitable mask at all times unless you are alone in a private vehicle
- Practice physical distancing

- Sanitize your hands frequently and avoid touching surfaces

### **Unvaccinated travelers: While you are in quarantine**

- Use ArriveCAN or call 1-833-641-0343 to check in within 48 hours of arrival
- Complete a daily COVID-19 symptom self-assessment for as long as you are asymptomatic
- Complete and ship Day 8 test kit
- You will be contacted by government officials

## **Finding Accommodation**

Select accommodations offering an isolation package following 3-day stopover:

### **GEC**

Price: 11 days starting from \$792

[Click here for details](#)

### **YWCA Hotel**

Price: starting from \$75/day

[Click here for details](#)

These rates are current as of the date published and may vary. Various other options are also available in the metro Vancouver area.

## **While in quarantine**

- **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 by a Quarantine Officer
- **Use only** private outdoor spaces (i.e. balcony)
- **Do not** have any visits from family or guests
- **Do not** use shared spaces such as lobbies, courtyards, restaurants, gyms or pools

The following is a partial list of popular delivery services

### **Groceries**

- [Save-on Foods](#)
- [Walmart](#)
- [Real Canadian Superstore](#)
- [T&T Supermarket](#)
- [Spud](#)

### Meal delivery

- [Skip the Dishes](#)
- [Uber Eats](#)
- [DoorDash](#)
- [Fantuan](#)

## Anti-racism support, mental health and cultural/religious considerations

The Vancouver Academy of Music is committed to ensuring that its learning environment promotes the respectful and fair treatment of all students. VAM has a responsibility to provide a safe and civil environment for students; appropriate behaviour is expected from students, administrators, faculty, staff and volunteers. While on VAM premises or during activities or events hosted by VAM, bullying, harassment, intimidation and discrimination are prohibited.

Bullying, harassment, intimidation, or discrimination means any gesture or written, verbal or physical act that takes place on school property, or at any school-sponsored function that: a) is motivated by any actual or perceived characteristic, such as race, colour, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability; and, b) a reasonable person should know, under the circumstances, that the act(s) will have the effect of harming a student or damaging the student's property, or placing a student in reasonable fear of harm to his person or damage to his property; or c) has the effect of insulting or demeaning any student or group of students in such a way as to cause substantial disruption in, or substantial interference with, the orderly operation of the school.

If you wish to report an incident of improper behaviour at VAM, you should contact either the College Registrar at [collegeregistrar@vam.bc.ca](mailto:collegeregistrar@vam.bc.ca), or the Senior Education Administrator at [executivedirector@vam.ca](mailto:executivedirector@vam.ca). All conversations will be strictly confidential. VAM will not, in any way, retaliate against any individual who, in good faith, makes a complaint or report of improper behaviour, or participates in the investigation of such a complaint or report.

The Senior Education Administrator will determine which course of action or punishment is necessary, as outlined in VAM's Standard of Conduct Policy.

## Here2Talk – 24/7 Student Mental Health Counselling and Referral Service

Minister Melanie Mark has announced the **launch of Here2Talk**. All students currently registered in a B.C. post-secondary institution have access to free, confidential counselling and community referral service, conveniently available 24/7 via app, by phone (1-877-857-3397) and online at [Here2Talk.ca](https://www.here2talk.ca).

## Quarantine Check-ins from VAM Staff

Students will receive daily phone calls from VAM staff during quarantine to verify compliance with public health orders and to check on the student's mental and physical well-being.

## COVID-19 testing, contact tracing, and care

At this time you can walk in to any of the current [COVID-19 vaccination clinics](#) without an appointment. You must complete any self-isolation requirement before you get vaccinated in Canada.

Everyone 12 years and older is [eligible](#) to get the COVID-19 vaccine in BC free of charge, even if you are not enrolled in the Medical Services Plan and do not have a BC Personal Health Number.

Limited personal information will be collected, such as your name, date of birth and address. You do not need to provide proof of a Social Insurance Number or proof of immigration status.

You can get a COVID-19 test from a physician, nurse practitioner, urgent and primary care centre or at a COVID-19 test collection centre. You can call 8-1-1 to find testing near you. Please visit an emergency department if you are experiencing health conditions that require [urgent and emergency care](#).

Infection prevention and control standards are in place across Vancouver Coastal Health facilities to protect patients, clients, staff and physicians. To learn more about what to expect during healthcare services and protocols surrounding masks/PPE, hygiene, respiratory etiquette, and physical distancing, click [here](#).

Vancouver Coastal Health (VCH) test collection centres and urgent and primary care centres (UPCC) that offer testing and assessment are listed below.

- Be prepared to wait in line. Test collection centres may have faster wait times. To find the wait times for some of our sites, please [visit our wait-times website](#).
- Be prepared for inclement weather. Many of our test collection centres are located outdoors.

### Three Bridges Test Collection Centre

**Address:** 1128 Hornby St., Vancouver, B.C. ([map](#))

**Hours:** Monday to Friday, 9:30 a.m. to 5:30 p.m.; Weekends, 9:30 a.m. to 5 p.m.

**Walk/drive-up:** Walk-in option only

**Appointment:** Drop-in only

**Ages:** 4+

**Test types:** Nasopharyngeal and saline gargle (for children and adults). For saline test, do **not** eat, drink, vape, smoke, brush your teeth or chew gum at least 1 hour before the test. For more information, see the [instructions for children](#) and/or the [instructions for adults](#).

### Downtown Eastside COVID Test Collection Centre

**Address:** 429 Alexander St., Vancouver, B.C. ([map](#))

**Hours:** Monday to Friday, 10 a.m. to 5 p.m.

**Walk/drive-up:** Walk-up only

**Appointment:** Drop-in only

**Ages:** 12+

**Test types:** Nasopharyngeal and saline gargle (for children and adults). For saline test, do **not** eat, drink, vape, smoke, brush your teeth or chew gum at least 1 hour before the test. For more information, see the [instructions for children](#) and/or the [instructions for adults](#).

### **Vancouver Community College, north parking lot #865**

**Address:** 1155 E. Broadway, Vancouver, B.C., enter parking lot on 7th Avenue between Keith and Glen Drive. ([map](#))

**Hours:** Open daily, 9 a.m. to 7:30 p.m.

**Walk/drive-up:** Walk-in and/or drive-up

**Appointment:** Drop-in only

**Ages:** 4+

**Note:** There is no access to the site through the Vancouver Community College.

**Test types:** Nasopharyngeal and saline gargle (for children and adults). For saline test, do **not** eat, drink, vape, smoke, brush your teeth or chew gum at least 1 hour before the test. For more information, see the [instructions for children](#) and/or the [instructions for adults](#).

### **Honorina Conway at St. Vincent's, adjacent gravel lot**

**Address:** Advanced Parking Lot #9075, the 700 block of West 33rd Avenue, entrance off West 33rd Avenue by Heather Street, Vancouver, B.C. ([map](#))

**Hours:** Open daily, 8:00 a.m. to 7 p.m.

**Ages:** 4+

**Walk/drive-up:** Both. Please do not enter Honorina Conway

**Appointment:** Drop-in only

**Test types:** Nasopharyngeal and saline gargle (for children and adults). For saline test, do **not** eat, drink, vape, smoke, brush your teeth or chew gum at least 1 hour before the test. For more information, see the [instructions for children](#) and/or the [instructions for adults](#).

### **REACH Urgent Primary Care Centre (UPCC)**

**Address:** 1145 Commercial Dr., Vancouver, B.C. ([map](#))

**Hours:** Monday to Saturday, 8 a.m. to 10 p.m. and Sunday, 9 a.m. to 5 p.m.

**Ages:** All ages

**Walk/drive-up:** Walk-up only

**Appointment:** Book an appointment by calling 604-216-3138 and leaving a message with the required details as per the phone instructions. You will receive a call back to book your appointment time.

**Test type:** Nasopharyngeal only

## **City Centre Urgent Primary Care Centre (UPCC)**

**Address:** 1290 Hornby St., Vancouver, B.C. ([map](#))

**Hours:** Monday to Saturday 8 a.m. to 10 p.m., Sunday 9 a.m. to 5 p.m.

**Ages:** 12+

**Walk/drive-up:** Walk-up only

**Appointment:** Drop-in only

**Test types:** Nasopharyngeal only

## **Contact Us**

If you have questions or would like more information, contact VAM College Registrar, Ruth Enns at [college@vam.ca](mailto:college@vam.ca).