

**INTERNATIONAL STUDENT GUIDE  
PRE-ARRIVAL and POST-ARRIVAL  
COVID-19 QUARANTINE REQUIREMENTS**

**Vancouver**

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## **A. Pre-Arrival COVID-19 Quarantine Requirements:**

In reference to the Quarantine Act <https://laws-lois.justice.gc.ca/eng/acts/q-1.1/page-1.html#h-419311>, Oscar International College has established standard operating procedures to communicate with the students /co-arriving family members at a pre-arrival stage in the following manner:

- 1) In addition, all travellers are required to provide specific information upon entry into Canada. The **ArriveCAN app** enables travellers to submit their information up to 48 hours prior to arrival. It reduces physical contact for a safer, faster border process. The ArriveCAN app is available through the [App Store](#) or [Google Play](#)
- 2) Students are instructed to confirm if required courses will be offered online or on campus. See information for Enrolled College Students to determine whether travel to Canada is required.
- 3) Review the current travel restrictions <https://www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/operational-bulletins-manuals/service-delivery/coronavirus/travel-restrictions.html> before booking your flight to Canada. If you're eligible to travel, then you need to prepare proof that you're entering for an essential purpose. Instructions on how to do this are available on the COVID-19 Information FAQ page for new international students or current international students. Connect with admission office at [info@oscarinternational.ca](mailto:info@oscarinternational.ca).

## **B. Post-Arrival COVID-19 Quarantine Requirements:**

Based on current Government of Canada policies as stated in this link <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>, when you arrive in Canada government officials will assess your health and your 14-day quarantine plan before you can leave the port of entry (e.g., airport). It is up to the discretion of the border agent to approve entry into Canada. After leaving the port of entry, use private transportation (e.g., taxi) to reach your place of quarantine.

- 1) Go directly to your place of quarantine without delay and stay there for 14 days. This is mandatory, even if you have no symptoms.
- 2) You must wear a suitable non-medical mask or face covering while in transit to your quarantine location.
- 3) You should quarantine longer if you develop signs and symptoms of COVID-19, or have been exposed to another person who has signs and symptoms of COVID-19. Students will be tested if they develop symptoms of COVID-19.

Follow Public Health's instructions on how to quarantine as stated in this link <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html>.

## C. Options to Arrange Quarantine Arrangements:

Oscar International College has two options for the incoming international student accommodation during quarantine;

**OPTION 1:** Admissions office can provide list of accommodation for quarantine period, food delivery as per dietary restrictions, student convenience package that includes all fundamental necessities and information pack connecting students with BC Health Department.

**OPTION 2:** A discretionary COVID-19 quarantine package for the 14-days period that includes boarding and lodging, SIM card, Airport arrival pickup and transfer to the accommodation during the quarantine.

2) According to the link <https://www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/operational-bulletins-manuals/service-delivery/coronavirus/temporary-residence/study-permit.html>, Students will also be asked if they have a suitable place to quarantine, where they will

- have access to basic necessities, including water, food, medication and heat during the winter months
- not have contact with people who
  - are 65 years or older
  - have underlying medical conditions
  - have compromised immune systems
- not be in a group or community living arrangement

Students are strongly encouraged to contact with Oscar International College team at [safety@oscarinternational.ca](mailto:safety@oscarinternational.ca) so, the team can update student about all the available accommodation. Students can also see the available hotel accommodations in this template as well. Students will also be given instructions about the actions they must take under the emergency order and the penalties for non-compliance.

3) Students are provided with full detail of available accommodation where they can quarantine according to mandatory 14-day period and maintain protocol practicing social distancing and can also access medical help should they display symptoms as per the link included here <https://laws-lois.justice.gc.ca/eng/acts/q-1.1/FullText.html>

## D. Regular and Robust Monitoring:

Monitor yourself as stated in this link <https://covid19checkup.ca/> for symptoms of COVID-19, including fever/chills, cough, sore throat and shortness of breath.

1) If you have symptoms, reach out to <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/self-isolation-on-return>

2) Take care of your overall wellbeing while you're in quarantine.

3) Stay connected to your friends and family.

4) Join the online college student community where you can connect with other international students.

5) Students in quarantine should not use any common spaces such as gyms/studios.

6) Access sleep, self-care

### **Follow Up by Oscar International College:**

Oscar International College program advisor will be your point of contact at the college for any unforeseeable requirements or needs through COVID-19 quarantine period. The officer of the college will contact you throughout the quarantine and facilitate any emergency contact with your family. According to the BC COVID-19 guidelines, please dial 8-1-1 for any medical emergency anytime during the 14-day quarantine period.

Once you have completed the quarantine period, please continue to monitor any symptoms and immediately inform your program advisor should you need access to additional information.

### **E. The Integration of Students into The College Community:**

Oscar International College has established an on-going peer and student support group moderated by PAC and with an oversight of the student advisor. Students are gradually integrated into community with the following SOP:

1) A virtual meet and greet facilitated by IT and Administrative Manager accessible to the students via scheduled Zoom calls, Emails and the Phones. Following are the contact details for the students:

Contact Email: [info@oscarinternational.ca](mailto:info@oscarinternational.ca)

Contact Number: 604-596-0801

2) The dedicated program advisor works closely with the program instructor and the students to establish peer-to-peer communication by assigning student into a support group.

### **F. COVID-19 Related Stigma and Anti-racism Supports:**

Oscar International College works very closely with Fraser Health authorities and disseminates accurate up to date information internally, within quarantine students and the students waiting for their departure from their home countries. This process is regularly done every Monday and Wednesday via email that includes links and updated info pack.

### **DOS and DON'TS**

Below are some dos and don'ts on language when talking about the new coronavirus disease (COVID-19):

#### **DOS:**

1) Do talk about the new coronavirus disease (COVID-19)

2) Do talk about “people who have COVID-19”, “people who are being treated for COVID-19”, “people who are recovering from COVID-19” or “people who died after contracting COVID-19”

3) Do talk about “people who may have COVID-19” or “people who are presumptive for COVID-19”

- 4) Do speak accurately about the risk from COVID-19, based on scientific data and latest official health advice.
- 5) Do emphasise the effectiveness of adopting protective measures to prevent acquiring the new coronavirus, as well as early screening, testing and treatment.
- 6) Do talk positively and emphasise the effectiveness of prevention and treatment measures. For most people this is a disease they can overcome. There are simple steps we can all take to keep ourselves, our loved ones and the most vulnerable safe.

## **DON'TS**

- 1) Don't attach locations or ethnicity to the disease, this is not a "Wuhan Virus", "Chinese Virus" or "Asian Virus". The official name for the disease was deliberately chosen to avoid stigmatisation -the "co" stands for Corona, "vi" for virus and "d" for disease,19 is because the disease emerged in 2019.
- 2) Don't-refer to people with the disease as "COVID-19 cases" or "victims"
- 3) Don't-talk about "COVID-19 suspects" or "suspected cases". DO-talk about people "acquiring" or "contracting" COVID-19
- 4) Don't talk about people "transmitting COVID-19" "infecting others" or "spreading the virus" as it implies intentional transmission and assigns blame. Using criminalising or dehumanising terminology creates the impression that those with the disease have somehow done something wrong or are less human than the rest of us, feeding stigma, undermining empathy, and potentially fuelling wider reluctance to seek treatment or attend screening, testing and quarantine.
- 5) Don't-repeat or share unconfirmed rumours, and avoid using hyperbolic language designed to generate fear like "plague", "apocalypse" etc.
- 6) Don't -emphasise or dwell on the negative, or messages of threat. We need to work together to help keep those who are most vulnerable safe.

<https://www.who.int/docs/default-source/coronaviruse/covid19-stigma-guide.pdf>

## **G. International Student Quarantine & Arrival Requirements**

Self-Isolation Guide and Expectations

Self-isolation

In guidance of BC Health Authority, the college requires that all international students use Vancouver as their point of entry and the Greater Vancouver area for their required period of self- isolation.

Due to the COVID-19 pandemic, restrictions that limit travel to Canada are in place, and any travelers permitted in to Canada, must present a plan for their self-isolation to Canada Border Services Agency before undertaking their period of self-isolation. You will need to plan for

sufficient time to complete these requirements, and you may only book and undertake travel onwards to the northern region if you remain well and it is safe to do so.

In certain situations, government authorities may fine travelers for non-compliance. Failure to comply with requirements may compromise your ability to attend and participate in OIC programs and activities, and could also affect your ability to stay and study in Canada.

Students who do not follow the requirements set out by the college remain responsible for meeting all health and safety requirements and must understand that travel plans using a point of entry and/or period of self-isolation outside of Vancouver may not be supported by the college in the same way that plans to Vancouver can be, due to the limited availability of these services in our region.

You are required to pack enough supplies in your checked baggage for your required period of self-isolation:

- Enough clothes for at least 14 days as there may be limited or no access to do laundry
- Hygiene supplies: soap, toothpaste, hand sanitizer, etc.
- Thermometer (you are required to monitor your health, including your temperature on a daily basis)
- 60 disposable face masks OR 30 disposable and 1 cloth face mask
- Box of Nitrile gloves

While traveling to your point of entry in Canada and onwards to your final destination you are required to:

- Wear a non-medical mask
- Wear gloves
- Practice physical distancing
- Wash hands frequently and well
- Use hand sanitizer regularly and as necessary
- Sanitize personal space and high-touch areas such as seat belts and tray tables
- Minimize trips to the washroom (flush the toilet with the seat cover down)
- Touch as few surfaces as possible
- Keep cell phone charged
- Bring some food as restaurants or stores may be closed
- Bring a refillable water bottle

### Arrival to Port of Entry (Vancouver)

There are public safety measures that you must comply with during your travel and upon arrival. This includes knowing when and how to use a mask safely, completing a mandatory 14-day quarantine, and more. Failure to comply with requirements could impact your access to Canada and your studies with OIC. [Here](#) are the details and below is a checklist to support you.

- Prove to a Canada Border Service Officer (CBSA) that your travel is essential [non-discretionary travel](#)
- Maintain physical distancing

- Wear a fresh mask and gloves
- Pick up baggage while maintaining a physical distance
- Exit the baggage area and go to the location you have previously arranged to meet your driver
- Load your own luggage into the car and sit as far away from the driver as possible
- Travel directly to your place of quarantine
- You must wear a mask while traveling to the place you will quarantine
- Avoid any unnecessary social interactions and public transit

A period of self-isolation is a requirement of the Quarantine Act and it is not optional.

After arriving in Canada, officials from the Health Authorities will monitor your compliance with the mandatory quarantine. You need to be prepared to receive and answer calls from 1-855-906-5585.

Following are the things you need to know about mandatory quarantine upon your arrival into Canada, such as *directly going to the arranged quarantine location*, using *private transportation* only (you will not use public transportation)

1. Oscar International College has arranged a list of hotels to facilitate your access to hotel packages for students in quarantine.
2. The hotel locations we have worked with are in the Greater Vancouver area, familiar with the government regulations for self-isolation, and we have confirmed that they are positioned to provide you with access to all the supports that you will need to be successful. *Detailed packages are shown below.*
3. Student will need a valid credit card (either MasterCard or Visa) that can process international transactions for a security payment upon hotel check-in.
4. Some of the hotel packages include shuttle service to and from the Vancouver International Airport. However, if you choose a hotel option without a shuttle, you must have Canadian cash for private transportation using a taxi or rideshare service (from/to the airport). **Wear your mask while using a taxi or rideshare service. Do not use a taxi or rideshare service if you have symptoms of illness.**
5. The cost of quarantine is the student's responsibility. The hotels recommended by

Oscar International College are offering discounted and special rates for guests completing quarantine requirements.

6. **Prior to Arrival in Canada students are responsible for:**
  - a. booking the hotel for their 14-day quarantine,
  - b. notifying the hotel when booking that the stay is for the 14-day quarantine as the room package, supplies and arrangements for the 14-days from the date of their arrival to consecutive 14<sup>th</sup> day of their stay, and
  - c. contacting the International Student Advisor at your respective Campus (please see the list of contacts in your Student Guide), via email within 24 hours of arriving in Canada (ideally right after you safely check in at the hotel). The international advisor would like to ensure student is safe and to set up periodical phone/virtual check- ins with the student during the 14- day quarantine period.



You are responsible for booking the hotel in Vancouver for the mandatory quarantine prior to arrival in Canada. You will need a valid credit card for the hotel as well as some Canadian cash.

## H. Hotel Student Quarantine Packages and Services:

Oscar International College is not recommending any hotel over the other as it does not endorse a particular package – however, we have reviewed the Self-Isolation Package details, visited the hotel to check facilities in compliance with BC Health Requirements and consider these listed hotels to be safe, self-isolation accommodations for our students entering Canada from International travel.

### Services and facilities available

	Executive Hotels Richmond, Vancouver, Burnaby	Canada EASY LODGE Apartment
Location	Richmond	Richmond
Driving distance from the airport (YVR)	15-20 mins	15-20 mins
Free shuttle 24 hours (every 30 min); round trip from the airport to hotel	✓	✓
Self-pay transportation from/to the airport (taxi with cash payment). Uber and Lyft with credit card; download the apps in advance		
Transportation credits up to C\$100. Claim at the hotel front desk with receipt(s)		
No penalty fee for last minute changes due to flight rescheduling/cancelation		
No charges for date changes more than 24 hours prior to the check-in date. Less than 24 hours notification the first night charge will apply	✓	✓
Meal plan provided by the hotel for the 14 days (3 meals/day) with additional cost; optional	✓ (approx. C\$1500)	✓ (approx. C\$900)
Call the front desk to set times for ongoing meal delivery (if you opt in for the meal plan)	✓	✓
Online food orders and delivery through Skip the Dishes, Uber Eats,	✓	✓

Door Dash, Foodora (deliver to the hotel)		
Hotel arrival check-in (go through to-do-list, protocols etc.)	✓	Call in advance
In-room kitchenette (fridge, microwave, and sink)	✓ (In Room )	✓ In Room
TV Cable and WIFI	✓	✓
Daily garbage pickup; place outside the room	✓	✓
Laundry service by calling the front desk for pickup	✓ 25% off	✓ 25% off
Hygiene products (shampoo, soap, towels) for 14-day stay. Call the front desk for additional supplies	✓	✓
Nearby hospital with a five-minute walking distance	✓	✓

- You are not allowed to leave your room and must avoid all contact with other individuals during your self-isolation. See the [Dos and Don'ts Self Isolation Sheet](#) from the BCCDC.
- During your self-isolation, you may be contacted by officials of the Government of Canada or the province of British Columbia, including possible visits to your quarantine location. You are required by law to respond to their inquiries.

## I. Process of check-ins with students during quarantine:

You are required to respond to all emails, calls, or texts you receive from Oscar International College, or an emergency wellness check may be initiated. To support your safety, you must commit to participating in the scheduled virtual check-ins with Oscar International College; [safety@oscarinternational.ca](mailto:safety@oscarinternational.ca) will check-in regularly with you by phone and virtual meetings, including following your check-in, during your quarantine, and to confirm the end of your quarantine and/or support ongoing quarantine beyond the minimum 14-day period, as required.

Questions are welcome. Contact:

Health and Safety Coordinator:

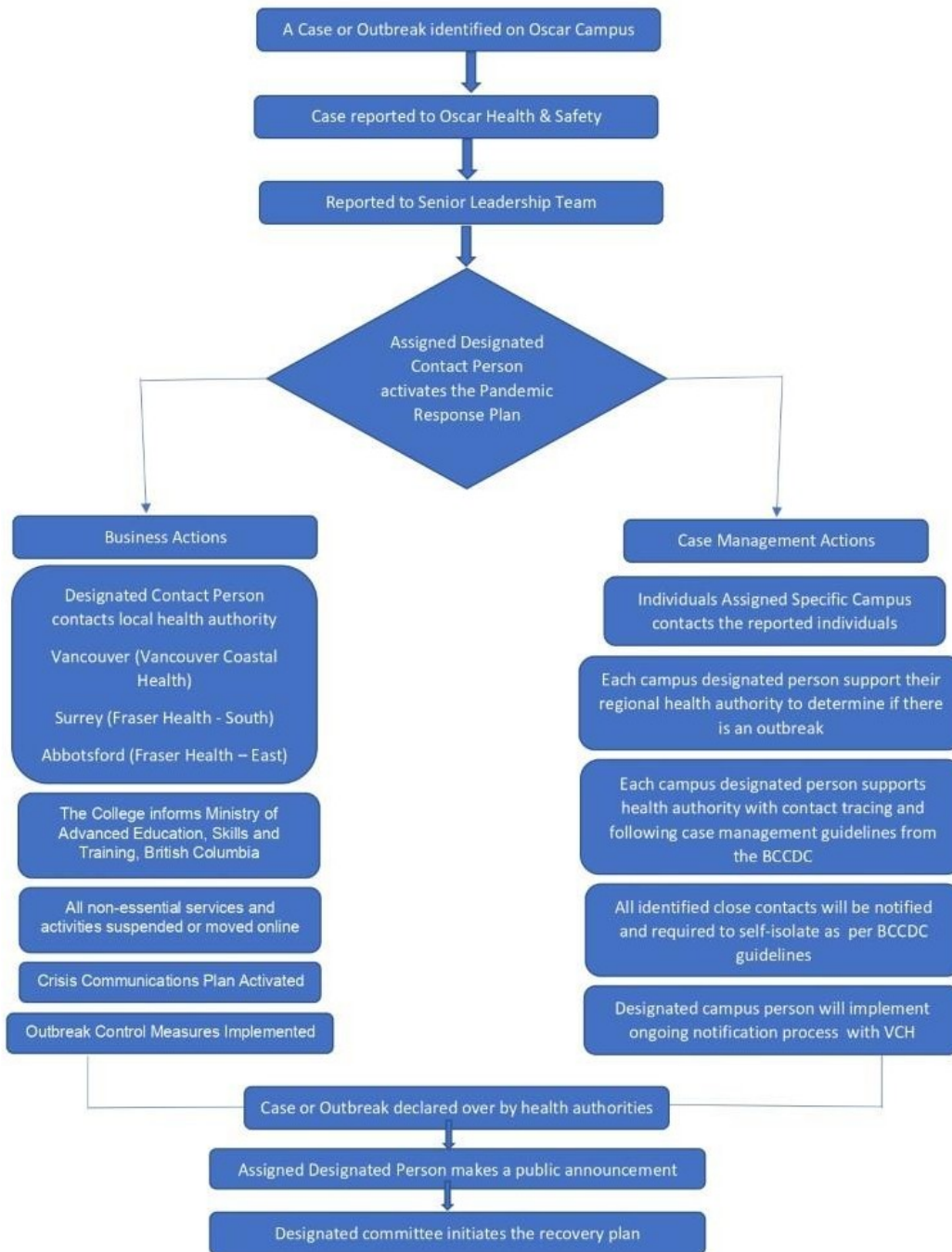
[safety@oscarinternational.ca](mailto:safety@oscarinternational.ca)

For COVID-19 Self-Assessment and Resources, visit <https://www.healthlinkbc.ca/> or call 8-1-1.

## **J. COVID-19 Testing, Tracing and Care:**

Oscar International College provides as part of their WELCOME PACKAGE. The FRASER HEALTH link included here <https://www.fraserhealth.ca/news/2020/Oct/online-booking-available-for-all--fraser-health-covid-19-test-collection-centres> for the students to book the COVID-19 testing appointments.

## **K. COVID-19 case or outbreak management on Oscar campus**



As part of Oscar's Pandemic Response Plan, a designated person at each campus location is assigned to mitigate risk if a case or an outbreak of COVID-19 happens on any college campuses or during any of its activities. The plan works by activating a leadership team and a health & safety committee that works closely with our community members who may have been exposed to COVID-19. They will also work with any associated departments, Vancouver Coastal Health, Fraser Health, and the British Columbia Centre for Disease Control (BCCDC).

A designated person and the team will communicate with affected individuals to gather information and offer support and guidance on managing their particular case. They work with departments on any necessary infection control actions. They will work with BCCDC on contact tracing or any other requirements Vancouver Coastal Health and Fraser Health may identify.

The Pandemic Response Plan is activated by the designated person at the particular campus when the college becomes aware that a member of the college community, based on specific symptoms or history, is legally required to self-isolate or has a confirmed case of COVID-19 and has been on the campus in the last 14 days.

### **How the plan is activated**

If the College is informed that a student, faculty, or staff member has tested positive for COVID-19 and they have been on Oscar International College premises in the last 14 days, the incident will be reported immediately to the Health and Safety Committee and the Senior Leadership Team. The designated person will activate the team members and relay the contact information about the affected individual.

### **Business Actions:**

- The designated person at the affected location will contact the local public health authorities to establish plans to reduce the risk of further transmission at the college.
- The College will share the information with the BC Ministry of Advanced Education, Skills and Training and assign a staff to provide regular updates on the case or the outbreak status at Oscar International College Campuses.
- All non-essential services and activities will be suspended or moved online.
- The college will provide information and support to any faculty, staff, and students potentially exposed to COVID-19.
- Oscar International College will implement outbreak control measures, such as:
  - Activate the Crisis Communications Plan;
  - Post outbreak signs at entrances and affected area;
  - Inform outside agencies that use campus facilities of the outbreak; ○ Initiate enhanced environmental cleaning and disinfection;
  - Reinforce the importance of hand hygiene with staff, students, and faculty;
  - Consider the need for closure of the campus if appropriate.

#### **Case Management Actions:**

- A committee member then contacts the individual to offer support and guidance on the next steps, following BCCDC directions on case management.
- The committee will work with Vancouver Coastal Health and Fraser Health to determine whether an outbreak should be declared, implement mitigation measures, and how the health authority will monitor the outbreak.
- The Oscar International College Committee will support Vancouver Coastal Health and Fraser Health in contact tracing and follow the Contact Identification and Management Guidelines provided by the BCCDC.

- Those identified as being in close contact with the affected individual will be informed about the situation and required to leave the campus and self-isolate for a minimum of 14 days to monitor for symptoms.
- All close contact of the affected individual will be provided with an active daily monitoring form, and the College will conduct regular check-ins until the case is resolved.
- The special committee will implement an ongoing notification process to inform the Vancouver Coastal Health and Fraser Health of the health status of the close contacts.

### **Other ways to activate the plan**

The Pandemic Response Plan will be activated when Vancouver Coastal Health, Fraser Health, or the BCCDC notify the College of a confirmed case of COVID-19 among staff, students, faculty, contractors, or visitors to campus.

### **Recovery from COVID-19 outbreak**

A COVID-19 outbreak could last a long time, so the impact on the college and the local community may be considerable. Oscar International College will work with Vancouver Coastal Health and Fraser Health to determine when the outbreak has ended. Once the outbreak has been declared over:

- The designated contact person at the particular campus will make an announcement to all OSCAR community members.
- The Senior Leadership Team will communicate the plan for resuming services and operations temporarily suspended or relocated.
- Regular communications will be sent to all OSCAR personnel with updated COVID-19 and best practices to follow on campus.
- Mental health support resources will be provided to students, faculty and staff.
- The Special Committee will evaluate their response plans for effectiveness and make improvements where necessary.

## **L. Designated Contact Person:**

### **Abbotsford Campus**

College Authority: Amanpreet Kaur

Email: [amanpreet@oscarinternational.ca](mailto:amanpreet@oscarinternational.ca)

Phone: (604) 850-6642

### **Surrey Campus**

College Authority: Amir Hassan

Email: [amir.hassan@oscarinternational.ca](mailto:amir.hassan@oscarinternational.ca)

Phone: (604) 596-0801

### **Vancouver Campus**

College Authority: Sourabh Aggarwal

Email: [sourabh@oscarinternational.ca](mailto:sourabh@oscarinternational.ca)

Phone: (604) 850-6642