

# INTERNATIONAL STUDENT TRAVEL GUIDE

AUGUST 24, 2020



**nimbus**  
School of Recording & Media

We look forward to welcoming you to Nimbus School of Recording & Media as soon as travel conditions enable you to join us. Due to COVID-19 travel restrictions, international students must have a clear understanding of the laws and regulations, including your ability to plan and prepare for a 14-day self-quarantine upon arrival to Canada. This document will help you with your quarantine plan so that you may arrive safely and being studying with us.

John Robertson  
President

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# TRAVEL RESTRICTIONS

It is important to know if you are permitted to travel to Canada, you travel for a [non-optional or non-discretionary](#) purpose and keep yourself updated on the federal and provincial government's travel regulations, restrictions and exemptions. ***The exception to non-essential travel is international students who were issued study permits PRIOR to March 18, 2020.***

Canada's [travel restrictions](#) may prevent you from being able to travel to Canada until further notice.

International students who are able to enter Canada must satisfy both a [14-day quarantine](#) requirement mandated by the federal government in addition to submitting a [BC Self-Isolation Plan](#) as required by the provincial government.

## GOVERNMENT OF CANADA EMERGENCY ORDER

The Government of Canada has implemented an Emergency Order under the Quarantine Act that requires persons entering Canada—whether by air, sea or land—to quarantine (self-isolate) themselves for 14 days if they are asymptomatic in order to limit the introduction and spread of COVID-19.

The 14-day period begins on the day the person enters Canada.

This document will provide expectations of you, ensure you have a clear understanding of the laws and regulations of the Government of Canada and BC government, and options for you to meet the quarantine requirements to enter Canada and our local communities safely and comfortably. We have a form for you to fill out attached to this plan to ensure that you understand the conditions of quarantine and self-isolation before you travel and know how you will stay safe and healthy in your travels and initial quarantine period of stay at local residence or hotel.

Nimbus' first priority is the health and safety of our students and staff. Further, Nimbus is also obligated to follow the regulations and recommendations of various authorities, including the Government of Canada, provincial and local public health authorities. Please note these guidelines are subject to change based on updated government regulations and recommendations.

## UNDERSTANDING WHAT IS EXPECTED OF YOU

### CLARIFICATION BETWEEN SELF-ISOLATION AND QUARANTINE

The Public Health Agency of Canada draws a distinction between the need to quarantine (self-isolate) and isolate. We know terminology can be confusing, so we encourage you to review the following terms.

For most up-to-date information and instructions, please review the following government websites:

- [Government of Canada Travel Restrictions](#)
- [Government of Canada Mandatory Quarantine](#)
- [IRCC – Coronavirus Disease \(COVID-19\): Visitors, foreign workers and students](#)
- [IRCC How to Isolate at Home](#)
- [British Columbia Self-Isolation Plan](#)

## Quarantine (Self-isolation)

Quarantining is necessary for 14 days if you have no symptoms and any of the following apply:

- You are returning from travel outside of Canada (mandatory quarantine);
- You had close contact with someone who has or is suspected to have COVID-19; or
- You have been told by the public health authority that you may have been exposed and need to quarantine.

## Isolate

You must isolate if any of the following apply:

- You have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19;
- You have symptoms of COVID-19, even if mild;
- You have been in contact with a suspected, probable or confirmed case of COVID-19;
- You have been told by public health that you may have been exposed to COVID-19; or
- You have returned from travel outside Canada with symptoms of COVID-19 (mandatory).

These guidelines and planning resources assume that students will meet the requirements to Quarantine (self-isolate).

# PLANNING YOUR TRAVEL TO CANADA

## CAN I TRAVEL TO CANADA?

Before travelling to Canada, prepare and double check that you have all the required documents upon entry:

- A valid passport or travel document;
- The [Port of Entry \(POE\) Letter of Introduction](#) the visa office sent you when they approved your study permit or a valid study permit issued or approved on or before March 18, 2020;
- A valid Temporary Resident Visa (TRV) or electronic Travel Authorization (eTA) - *not required for US citizens*;
- A copy of a valid letter of acceptance or confirmation of enrolment from Nimbus;
- A copy of confirmation of essential in-class instruction letter;
- Proof of [financial support](#) for yourself and any other family members who may come with you to Canada;
- Letters of reference or any other documents the visa office told you to bring such as accommodation and health insurance information;

### ArriveCAN – Self-Isolation Requirement

Details of ArriveCAN self-isolation requirements from the Government of Canada can be found [here](#). This information can be submitted [online](#), the ArriveCAN app ([Android](#), [iOS](#) or [web-based form](#)), or a paper form.

### BC Government – BC Self-Isolation Plan

On March 17, 2020, the Provincial Health Officer issued a self-isolation order directing people returning to, or arriving in, B.C. from international destinations, including the U.S., to self-isolate. Details on how to comply and complete a BC Self-Isolation Plan can be found [here](#).

*A self-isolation plan is a legal commitment and enforceable under the Public Health Act.*

# TRAVELLING TO CANADA

If you meet the requirements above:

- Notify the Director of Admissions by emailing [ryanj@nimbusrecording.com](mailto:ryanj@nimbusrecording.com)
- A meeting will be organized to confirm your travel and self-isolation plans
- When booking your flights to Canada, please make sure you arrive on the day of your planned quarantine
- Inform Nimbus of your precise time of arrival and travel arrangements for you to our residence or approved hotel accommodation (physical distancing approved transportation will be provided)
- Once your itinerary is finalized, please send a copy to the Director of Admissions by emailing [ryanj@nimbusrecording.com](mailto:ryanj@nimbusrecording.com)
- We will acknowledge receipt of your travel plans prior to the start of your journey
- You must complete the Federal ArriveCAN application for approval prior to or upon arrival in Canada. This information can be submitted [online](#), the ArriveCAN app ([Android](#), [iOS](#) or [web-based](#) form), or a paper form.
- You must also submit a B.C. self-isolation plan prior to or upon arrival in Canada. Details on how to comply and complete a BC Self-Isolation Plan can be found [here](#).

*\*NOTE: EVEN IF YOU MEET ALL THE CONDITIONS ABOVE, ENTRY INTO CANADA WILL BE AT THE DISCRETION OF A CANADA BORDER SERVICES (CBSA) AGENT.*

## TIPS FOR TRAVEL

- All air travelers are required to wear a non-medical mask;
- Wear gloves (specific airlines may have specific guidelines);
- Practice physical distancing;
- Wash hands frequently;
- Use hand sanitizer when necessary;
- Sanitize your personal space and high-touch areas such as seatbelts and tray tables;
- Minimize trips to washroom (flushing the toilet with the seat cover down);
- Limit touching surfaces;
- Keep cell phone charged, and be able to receive calls;
- Bring a water bottle or cup to use in your room or through travel.
- Load your own luggage into vehicles and keep distance from passengers and drivers

# WHERE TO QUARANTINE (SELF-ISOLATE)

As part of the Quarantine Act, travelers to Canada are required to self-isolate for 14 days. This means that students will have to stay in their own room for 14 days and avoid contact with (keep a 2 metre distance from) others.

In order to meet the Government quarantine (self-isolation) requirements and safely assure your arrival and entry to Canada and to Nimbus, we require that you stay in one of the approved quarantine hotel options before joining on campus studies.

# APPROVED HOTEL ACCOMMODATION

Special arrangements have been made with selected hotel accommodations. You must comply with the rules established by each hotel accommodation and with the 'Student Expectations While in Quarantine' listed below. Hotel rules will be provided to you once your accommodation is confirmed. You must not break these rules and conditions of quarantine.

A Nimbus Admissions Advisor will monitor and support your well-being with weekly check-ins and where possible, provide support and information on food, medical care and further COVID-19 infection control information and training. Check ins will include revisitation of the school required Quarantine Plan that is submitted by each student and approved prior to traveling to Canada as well as the required BC Government Self-Isolation.

In addition to the guidance above, students will be reminded of Canada's Quarantine Act which was agreed upon when completion of the ARRIVECAN app was completed:

### Compliance and enforcement

Violating any instructions provided to you when you entered Canada or failing to provide accurate information 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 choose to break your mandatory quarantine or isolation, resulting in the death or serious bodily harm to another person, you could face:

- a fine of up to \$1,000,000 or
- imprisonment of up to 3 years or
- both

The Contraventions Act has been changed to give police (including the RCMP, provincial and local police) more power to enforce the Quarantine Act. They can issue tickets to people who don't comply with the act or the emergency orders. Fines range from \$275 to \$1,000.

Should compliance issues or concerns be discovered, the school will report immediately to 8-1-1 and the Public Health Authority. The school will seek guidance from 8-1-1 and the Public Health Authority on further action, if recommended and it is the schools understanding that the Public Health Agency of Canada refers non-compliance to RCMP who may further dispatch information to local law enforcement based on jurisdictional boundaries. The student will be advised that they are required to self-isolate immediately and to report subsequent violation(s) to 8-1-1 and the Public Health Authority and follow their direction. The student will not be permitted to join their enrolled program until successful completion of the quarantine period is completed.

The list below includes options for accommodations to consider for your Quarantine Plan. Rates and availability are subject to change. Plan smart and plan ahead – contact these options with time in advance.

Hotel	Fees	Details	Website
Best Western Plus Uptown Hotel	\$109.99 per night	Contact: Eric Pahal 604-267-2000 Toll Free: 1-888-234-9111 Quarantine package price for full two weeks. Plus taxes and food.	<a href="https://www.bestwesternvancouver.ca/">https://www.bestwesternvancouver.ca/</a>
Sandman Inn	To be announced	Near to Vancouver Airport. Food plan delivered to door available for additional charge, daily supervised exercise and walking organized Standard room.	<a href="https://www.sandmanhotels.com/locations">https://www.sandmanhotels.com/locations</a>

GEC DT	CA\$1,300 (+CA\$650 deposit)	Downtown Vancouver. Quarantine package price for full two weeks. Plus taxes and food.	<a href="https://gecliving.com/">https://gecliving.com/</a>
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Please note, quarantine is not optional. It is a requirement of the Quarantine Act.

After arriving in Canada, Government officials will call students to monitor compliance of the mandatory quarantine. Students needs to be prepared to receive and answer calls from 1-855-906-5585 or 613-221-3100

## STUDENT EXPECTATIONS WHILE IN QUARANTINE

- Stay in your room and away from others as much as possible;
- Keep your room well-ventilated and clean – open your window to let the air circulate;
- Practice good hygiene:
  - Wash your hands frequently with plain soap and water for at least 20 seconds;
  - Use a separate towel, kept away from others;
  - Cover your mouth and nose with your elbow when coughing or sneezing, or use a tissue;
  - Avoid coughing, sneezing into either your hands or into the air, dispose of used tissues right away into a trash bin and immediately wash your hands;
  - Avoid touching your face with unwashed hands at all times.
- Use a separate bathroom if possible. Clean the bathroom regularly with cleaning products as provided by residence. Flush the toilet with the lid down. Keep your bathroom space clean and disinfected. Clean and disinfect frequently touched surfaces such as doorknobs, countertops, dressers, and other surfaces at least once a day;
- Find some time to go outside each day; you can stay in a private place. Do not go to class or into other public areas. The residence will have designated outdoorspots marked for student usage during the quarantine and will be communicated to you upon your arrival;
- Stay connected – text, email, FaceTime with your friends and family. Homestay students feel free to contact your homestay family;
- Monitor your physical and mental well-being – if you are not feeling well with symptoms that resemble COVID-19, email [ryanj@nimbusrecording.com](mailto:ryanj@nimbusrecording.com) to help you complete an online self-assessment or directly visit: <https://bc.thrive.health/> If you cannot use the online tool, call 8-1-1 (toll free) or 7-1-1 (deaf and hard of hearing), 24 hours a day/seven days a week.
- Package up your garbage – empty garbage frequently and wash your hands immediately. Empty garbage into the dumpster in the residence parking lot, while wearing your mask;
- Students will be unable to use the common laundry space to wash their clothes. Students should have clean clothing to last for 14 days;
- Keep your personal items (toothbrush, cups, cell phone, tablets, laptops, etc.) separate from those belonging to others, do not keep items stored in the bathroom, if they are shared with someone else;
- Do not allow visitors;
- Monitor your health for symptoms of COVID-19, follow the BCCDC Guidelines for How to Self-Monitor.



## PREPARING FOR QUARANTINE

### Planning a safe way to travel straight to your hotel:

You must travel straight to you Vancouver home from airport by personal car, taxi or ridesharing. Please ensure that your mode of transportation from the airport to your home is as safe as possible.

Taxis are available at taxi stands located at the International Arrivals Area at the Vancouver International Airport. You can also contact:

- Yellow Cab ([yellowcabonline.com](http://yellowcabonline.com)) in Vancouver or Richmond. Dispatch phone number: 604.681.1111
- Bonny's Taxi ([bonnystaxi.com/defaultx.htm](http://bonnystaxi.com/defaultx.htm)) in Burnaby or New Westminster Dispatch phone number: 604.435.6655 or 604.434.8000

Ridesharing

- Uber ([uber.com](http://uber.com))
- Lyft ([lyft.com](http://lyft.com))

Please note that the current measures at the airport include asking that face coverings be worn at all times while in the public areas of the terminal. It is also recommended wearing a facemask while travelling from the airport to home or hotel accommodation.

## Arranging your food delivery and other necessities:

Ask others to drop off groceries or pick up the things you need while self-isolating.

Travelers to Canada who are in quarantine may not go out to purchase food and basic necessities.

You should arrange for someone to deliver what you need while you are self-isolating.

[Instacart Express Food Delivery Service](#) is one of the services that can pick up and deliver groceries and other essentials to you from these stores.

There are many options in the Vancouver area for take-out restaurant meals and delivery service including: [Skip the Dishes](#) or [Door Dash](#).

If you stay at one of the participating hotels, your meal plan may be arranged through the hotel.

## Medical Insurance:

Most international students will need to apply for British Columbia's Medical Services Plan (MSP) once they arrive in BC but will also need to have temporary basic private medical coverage during their MSP coverage waiting period. Your medical insurance is extremely important, especially during COVID-19.

For more information, please speak with the Director of Admissions who can provide detailed medical plan packages provided by Guard.Me insurance. Medical Insurance Plan coverage can be purchased [here](#) through Guard.Me with a reduced, Nimbus student rate.

## Be sure to bring the following:

- Enough clothes for the 14-day quarantine as there may be limited or no access to do laundry until the quarantine is complete
- Hand sanitizer
- Thermometer (you will be required to monitor your temperature)
- 60 disposable face masks OR 30 disposable and 1 cloth face mask
- Have accessible in carry-on luggage some masks, gloves, disinfectant wipes, a travel-sized bottle of hand-sanitizer
- Box of Nitrile gloves

## Submit the following documents to the Director of Admissions:

- A copy of your Quarantine Plan
- A copy of your valid Study Permit or confirmation of approval

- A copy of your schedule for September (Fall) 2020 semester
- A copy of your flight details and accommodation

Contact: [ryanj@nimbusrecording.com](mailto:ryanj@nimbusrecording.com)

Please indicate your full name and student ID number. A letter of support indicating your enrolment for the fall semester.

# APPENDICIES

## APPENDIX 1 – B.C. SELF-ISOLATION PLAN

The following are screen shot sample excerpts from Self- Isolation on Return to B.C as of 2020-07-16. For updated information and full details, please visit:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/self-isolation-on-return>

Fill out the first section and be sure to have the details of new Vancouver address

### Self-Isolation Plan

B.C. has declared a state of emergency. To ensure the safety of all British Columbians you are being asked to

#### Primary Contact Information

\* First name (primary contact)

\* Last name (primary contact)

\* Date of birth (yyyy/mm/dd)

\* Phone number

Email (optional)

\* Home address

\* City

\* Province / Territory

Postal Code (optional)

In the next section, you will fill out the details on your flight.

#### Travel Information

\* Are there additional travellers in your group?

Yes  No

#### Arrival Information

\* Arrival Date (yyyy/mm/dd)

\* Arrival By

Airline / Flight Number (if applicable)

\* Arrival From (City, Country)

In the next section, indicate that you have made the necessary living, food, transportation and any other arrangements that apply to you.

#### Self Isolation Plan

\* Do you have accommodations arranged for your self-isolation period?

Yes  No

\* Do you need accommodation assistance to self-isolate from anyone who is over 60 years old or who has heart disease, high blood pressure, asthma or other lung disease, diabetes, cancer, immune suppression or is taking prednisone medication?

Yes  No

\* Are you able to make the necessary arrangements for your self-isolation period? (e.g. food, medication, child care, cleaning supplies, pet care).

Yes  No

What form of transportation will you take to your self-isolation location? (optional)

Personal vehicle  Public transportation  Taxi or ride share

Certify that all your information is correct and submit!

I certify this to be accurate.

#### Collection Notice

Your personal information as well as those of your household is collected by the Ministry of Health under the authority of sections 26(a), (c), (e) and s.27(1)(a)(iii) of the Freedom of Information and Protection of Privacy Act, the Public Health Act and the federal Quarantine Act, for the purposes of reducing the spread of COVID-19. Personal information may be shared with personnel providing support services and follow-up during self-isolation. Should you have any questions or concerns about the collection of your personal information please contact:

Title: Ministry of Health, Chief Privacy Officer

Address: 3rd floor – 1483 Douglas Street Victoria BC V8W 9P1

Telephone: 236-478-1666

Submit

# APPENDIX 2 – FEDERAL ARRIVECAN APPLICATION

The following are screen shot sample excerpts from ArriveCAN App as of 2020-07-16.

Step 1: Download the APP: ArriveCAN from:

- iPhone: <https://apps.apple.com/ca/app/canarrive/id1505394667>
- Android: [https://play.google.com/store/apps/details?id=ca.gc.cbsa.coronavirus&hl=en\\_US](https://play.google.com/store/apps/details?id=ca.gc.cbsa.coronavirus&hl=en_US)

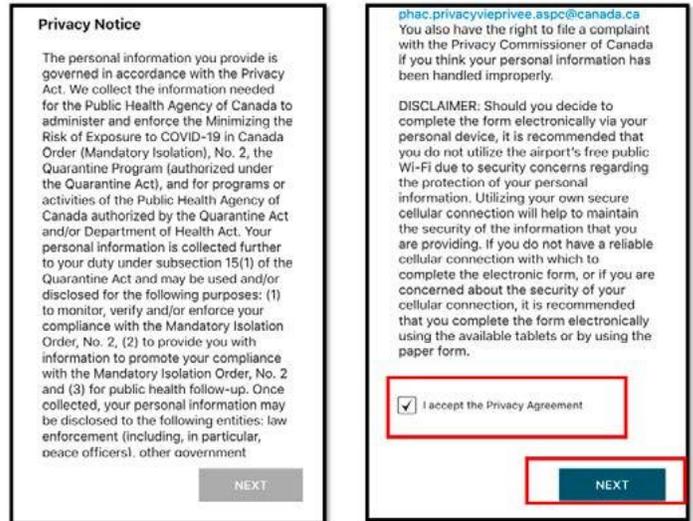
Step 2: Open the APP “ArriveCAN”.

It will ask your preferred language. Choose one language and click “Start”



Step 3: Read the Privacy Note

Check “I accept the Privacy Agreement” at the end. After that, click “Next”.



After you agree to the Privacy Agreement, the app will show you the following instruction on how to complete the application.



Step 4: Choose the way you enter Canada: by air, by land or by marine, by tapping on the pictures.

- If you choose “Enter by land” or “Enter by Marine”, you will choose your port of entry from drop-down list.
- If you choose “Enter by air”, you will need to fill out the flight information.

Please see details on the next step.



Step 5

Option 1: Enter by Land/ Marine

Choose your port of entry from a drop-down list and click "Next".

The screenshot shows a mobile application interface for selecting a port of entry. At the top, it says "Your Port of Entry". Below this is a search bar with a magnifying glass icon and the word "Search". Underneath the search bar is a scrollable list of port names: Corner Brook, Cornwall, Dundee, Fortune, Fosterville, Goose Bay, Halifax Marine Operations, Kitimat, Lansdowne, and Nainimo. At the bottom left is a "Previous" button and at the bottom right is a "NEXT" button.

Option 2: Enter by Air - Fill in your flight Information.

You can choose the airport and airline from a dropdown list, but you need to manually type in the flight number. You will choose the date of arrival from a calendar. Click "Next" after you fill out all the information.

The screenshot shows a mobile application interface for entering flight information. The title is "Your Flight into Canada". It contains four input fields: "Airport" (a dropdown menu), "Airline" (a dropdown menu), "Flight Number" (a text input field), and "Date of Arrival" (a date picker). At the bottom left is a "Previous" button and at the bottom right is a "NEXT" button.

Step 6

Fill in the traveler's information, including name and date of birth. After you complete for one traveler, click "Next". You can continue to the next step (about addresses) or add multiple travelers in one application.

Two screenshots from the application. The left screenshot is titled "Add Traveller" and contains the following fields: "Surname", "First Name", "Initial or Middle Name (optional)", and "Date of Birth". Below these fields are "Previous" and "NEXT" buttons. The right screenshot is titled "Travellers" and shows a list of travelers with a "Sample Traveler" entry. Below the list is an "ADD ANOTHER TRAVELLER" button. At the bottom are "Previous" and "NEXT" buttons.

Step 7

Fill in the destination's information, including address, postal code, date of arrival and date of departure. If you are going to live at multiple places, you can add another destination.

The screenshot shows a form for entering destination information. It includes fields for "Destination type", "Street name and number", "City", "Postal Code", "Province", "Date of arrival", and "Date of departure". There are two red boxes with arrows pointing to specific parts of the form. The first red box is around the "Destination type" field, with an arrow pointing to a list of options: "Hotel, motel, hostel or rental accommodation", "Returning home", "Staying with friends or family", and "Other". A note next to it says "Choose a destination type from a drop down list. You can choose from:". The second red box is around the "ADD ANOTHER DESTINATION" button, with an arrow pointing to it. A note next to it says "If you are going to live in different places, you can click 'Add another destination' to enter multiple address". At the bottom are "Previous" and "NEXT" buttons.

Step 8

Fill in your contact information, including phone, email address and language preference (English or French). Click "Next" to continue to enter COVID symptoms and quarantine plan.

**Contact Info**

Please provide your primary telephone number and email address where you can be reached while in Canada.

Primary Phone Number  Mobile

Secondary Phone Number (optional)  Home

Email Address

What is your official language of choice?

[Previous](#) [NEXT](#)

STEP 2 of 5

Do you have accommodation where you can quarantine for 14 days?

You must have a quarantine plan for the next 14 days.

Quarantine means staying home and avoiding situations where you could come in contact with others. Your plan should confirm that you have: a suitable place of quarantine that has the necessities of life for 14 days; private transportation to the premises if possible; access to supplies such as prescriptions, food and cleaning supplies, and other necessary support such as child care. Do not plan to quarantine in a place where you have contact with vulnerable individuals.

*Sample Traveler*  NO  YES

[Previous](#) [NEXT](#)

STEP 3 of 5

Are there vulnerable people at the location where you plan to quarantine?

*Sample Traveler*  NO  YES

[Previous](#) [NEXT](#)

STEP 4 of 5

Is your quarantine accommodation a group living environment (e.g. group home or senior residence) or does it currently house different families?

*Sample Traveler*  NO  YES

[Previous](#) [NEXT](#)

STEP 5 of 5

Can you have food, medication or other necessities delivered to your accommodation while in quarantine?

*Sample Traveler*  NO  YES

[Previous](#) [NEXT](#)

Step 9

Complete COVID-19 Self-Assessment and Quarantine Plan Questionnaire. Click "Yes" or "No" for your situation. There are five questions in total.



STEP 1 of 5

Are you or any of the travellers listed on this form experiencing any of the following symptoms?

Symptoms are defined as:

- Cough
- Difficulty breathing
- Fever

*Sample Traveler*  NO  YES

[Previous](#) [NEXT](#)

## Step 10

You are almost done!

If you complete the previous questions BEFORE your arrival, you can select "I don't have a token number" and "save & close" button.

When you arrive at the airport, you will see signs of token number. Re-open the APP and resume with your application by typing in the token number. After entering the token number, you can submit the application.

If you complete all the questions at the airport, just enter the token number and click "Submit".

<p><b>Thank you for filling out your travel information</b></p>  <p><b>Last Step</b></p> <p>You will need to enter a token – available on-site at Canadian airports and borders.</p> <p>Token Number</p> <input type="text"/> <p><a href="#">I don't have a token number</a></p> <p><a href="#">Previous</a> <input type="button" value="SUBMIT"/></p>	<p>Fido 4:07 PM</p> <p><b>Looks like you are having trouble finding the token number</b></p> <p>You can find the token number posted on signs, around the Canadian airport and border. If you are still having troubles, select the "save and close" button. You can resume back to enter your number and seek assistance from the Border Service officer.</p>  <p><a href="#">Previous</a> <input type="button" value="SAVE &amp; CLOSE"/></p>
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## APPENDIX 3 – TIPS FOR SAFER SOCIAL INTERACTIONS

STAYING AT HOME is the best way to reduce the risk of getting or spreading COVID-19. At the same time, it is important to support physical and mental health and avoid social isolation during a prolonged pandemic for your personal well-being. Keep in mind that fewer interactions and the added social distance with others results in less chance of exposure and spread of the virus. You can find some tips here to support your mental and physical well-being.



### Wash your hands frequently

One of the best things you can do to prevent infection and protect loved ones is to wash your hands regularly and avoid touching your face. Wash your hands with soap and water for at least 20 seconds. Cough or sneeze into the bend of your arm or tissues to reduce the spread of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



### Practice social distancing

Social distancing means limiting close contact with others. Avoid crowded places and non-essential gatherings. Stay at least 6 feet (2 meters) away from others. Avoid common greetings, such as handshakes or hugs. Avoid peak hours on public transportation and grocery shopping. Practicing social distancing during outdoor activities, such as going for a walk or a bike ride.



### Wear a face mask

Face masks can have a role to play in preventing the spread of COVID-19 because they act as a barrier and help stop the spread of droplets when someone talks, coughs or sneezes. It is recommended to wear a face mask when you expect to be around other people.



### Keep within your social bubble

To keep the risk of COVID-19 as low as possible, keep your social bubble small and exclusive. Try to limit hanging out with multiple social groups. Even within your own social bubble, it is important that you practice physical distancing like opting for outdoor activities and maintaining 6 feet (2 meters) apart whenever possible.



### Food safety and cleaning habits

Do not share items including food, drinks, or utensils. Use food delivery and online grocery shopping whenever possible. Clean and disinfect surfaces frequently. Wash your hands immediately when you return home and wipe down your phone and keys.



### If you are sick

If you have symptoms of COVID-19, stay home and isolate yourself to avoid spreading it to other people. If you live with others, isolate yourself in a separate room or keep a 6 feet (2 meters). Call 811 anytime to talk to a nurse at HealthLinkBC to get advice about what to do next. 811 has translation services in 130 languages.

The Government of Canada has implemented an Emergency Order under the Quarantine Act. This order means that everyone who is entering Canada by air, sea or land has to stay home for 14 days in order to limit the spread of COVID-19. The 14-day period begins on the day you enter Canada.

- If you have travelled and have no symptoms, you must quarantine (self-isolate).
- If you have travelled and have symptoms, you must isolate.

For more information on coronavirus visit [canada.ca/coronavirus](https://canada.ca/coronavirus) or call 1.833.784.4397