According to the Government of Canada, international students entering Canada are required by law to self-isolate for 14 days immediately upon arrival whether or not you have any symptoms of the novel coronavirus disease, COVID-19. You must prepare an isolation plan where you have access to your basic necessities and go directly to your pre-arranged place of quarantine, without delay. You must stay there (inside) for 14 days monitoring yourself for symptoms.

You can take public transportation to your place of self-isolation after you arrive in Canada (use private transportation if possible), but you must not make any stops on the way to your place of quarantine, and practice physical (social) distancing and keep a distance of at least two metres at all times.

What is a mandatory quarantine? How do I quarantine (self-isolate) at the place I am staying at in Canada?

Quarantine (self-isolation) means that, for 14 days, you need to:

- **Stay inside your place of quarantine** and monitor yourself for symptoms
- **Limit contact with others** and do not leave your place of quarantine unless it is to seek medical attention
- **You cannot have visitors, nor can you go to school, work, and public areas**

This legal information is provided by the Government of Canada.

How do I shop for groceries safely while in quarantine? What are contactless options for shopping?

Since you are unable to leave your place of quarantine, you can ask a friend or relative to help you pick up your groceries or medication.

Alternatively, you can get your groceries delivered:

- **UberEats** and **SkipTheDishes** are popular options for online food delivery from local restaurants
- **A few grocery stores** deliver local, organic produce and ready-made meals in Vancouver
- **Breaking Bread** lets you connect and order directly from local restaurants

Updated on April 21, 2020
Where can I find support for graduate students in response to COVID-19?

- Visit the following pages for the latest information:
  - Graduate Student FAQs
  - SFU COVID-19 FAQs
  - International Student Advising

- Contact your Graduate Program Assistant or supervisor

- Submit a ticket or send an email to gradintl@sfu.ca. We will work on responding as quickly as we can.

If you start to develop COVID-19 symptoms during self-isolation...

- **Isolate yourself** as soon as you notice your first symptom

- **Call 811 immediately** to speak with a public health nurse to discuss your symptoms and travel history, and follow their instructions

- Try the [COVID-19 self-assessment tool](https://www.bcbcc.ca/) from the BC Government. They also have a COVID-19 line:
  - 1-888-COVID19 (call)
  - 1-888-268-4319 (text)
  - 604-630-0300 (text)

We recommend following the advice of local health authorities. Visit the [Self-Isolation section on BC Centre for Disease Control website](https://www.bccdc.ca/en) for the most up-to-date information.

If I am living in student residence, how can I self-isolate?

If you live in a residence with roommates where self-isolation may not be feasible, contact Residence & Housing at housing@sfu.ca to see if other options are available.

If I need to self-isolate, who do I need to tell at SFU?

We recommend you contact your supervisor, Graduate Program Chair, and Graduate Program Assistant who may be able to provide more information.

What is physical (social) distancing?

Physical (social) distancing means keeping a distance of approximately two metres (at least 2 arms lengths) from others at all times.

It also involves avoiding crowded places (restaurants, malls, bars and other public areas) as well as community settings and non-essential gatherings.

**How do I practice physical distancing?**

- Stay home as much as possible. Avoid going out for entertainment, meals, and non-essential outings

- Greet with a wave instead of a handshake, kiss, or hug

- Use technology to keep in touch with family, friends, and colleagues (ex: conducting virtual meetings for work)

Where can I find support for graduate students in response to COVID-19?