



Tips for Quarantine during COVID-19

A Resource from the Camosun International Counselling Department

Updated May 2021

✓ Know that Camosun International is Here for You!

- **Grocery Gift Card for Camosun International Students in Quarantine:** To request your \$100 grocery gift card, please contact Aleigha Russell, International Student Experience Advisor, at russella@camosun.ca and she will arrange a time to deliver the gift card to your location.
- **Virtual Quarantine Check-Ins**
 - Every week, there will be an optional Virtual Quarantine Check-In for Camosun International Students who are completing their 14-day quarantine.
 - The International Student Counselling department will present Tips for Wellness and there will be an opportunity to share experiences and ask questions.
 - The Quarantine Check-Ins will be hosted on Microsoft Teams and a link to join will be sent each week by email. Please contact international_advisors@camosun.ca to sign up.
- **Counselling Support for International Students located in Canada:** Phone 250-370-3571 (Mon-Fri, 9-4pm) to schedule a confidential counselling appointment with an International Student Counsellor. Visit the Camosun International Counselling [website](#) to learn more.
- **Camosun International Student Services Team:** Email international_advisors@camosun.ca with questions for International Student Experience Advisors (ISEAs) or Academic Advisors.

✓ Learn About and Access Other Support Services as Needed

- **Here2Talk** provides confidential mental health counselling and community referrals for BC post-secondary students through app, phone and web (24/7). Phone 1-877-857-3397 or visit the [Here2Talk website](#).
- **If you are in crisis or require urgent support outside of office hours**, please contact the [Vancouver Island Crisis Line](#) at 1-888-494-3888 (24/7).

✓ **Follow the Quarantine Guidelines from the BC Government**

- <https://travel.gc.ca/travel-covid/travel-restrictions/isolation>
- **SERVICE BC PHONE LINE:** Contact Service BC with any questions about **non-health related information and services** (such as self-isolation plans or travel restrictions). Open 7:30 am to 8 pm PST. Canada: 1-888-268-4319. International: 1-604-412-0957. Or text: 1-604-630-0300.

✓ **Monitor Yourself for Symptoms**

- **COVID-19 Self-Assessment Tool:** <https://bc.thrive.health/covid19/en>
- **Call 811** if you have any **health-related concerns or questions**. 811 is a free-of-charge provincial health information and advice phone line available in British Columbia

✓ **Check the Camosun COVID-19 Webpage for Updates** <http://camosun.ca/covid19/>

✓ **Keep in Mind**

- COVID-19 has resulted in many unexpected changes. These are highly unusual times and it is normal to experience a wide range of emotions and feelings. During your quarantine, some days will be easier and some will be more challenging. Remember that you are not alone and that there are many ways you can support yourself during quarantine and beyond.

✓ **Stay Connected**

- Figure out who you want to keep in touch with while in quarantine (family, friends, classmates). Let them know it's important to you to be in contact.
- Explore different ways to stay connected (phone, video calls, email, text, social media).
- Schedule regular phone/video visits and consider asking family/friends to check in on you at regular intervals (e.g. send a text in the morning and/or evening to say hello).

✓ **Create Routines and Structure for Your Day**

- A consistent sleep and eating schedule will help you adjust to jet lag and prepare for class.
- Create a daily schedule for yourself: aiming for a balance of different activities: exercise, leisure, entertainment, virtual connection with others, fresh air etc.

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✓ Keep Entertained

- Explore online entertainment options:
 - Movies, TV shows, documentaries, comedy sketches, sports, video games, etc.
 - Broadway HD: <https://www.broadwayhd.com/> - free trial
 - Social Distancing Festival: features virtual arts, dance, theatre, opera, music performances/events: <https://www.socialdistancingfestival.com/>
 - Google Arts & Culture: virtual museum tours: <https://artsandculture.google.com/>
- Find a new book to read:
 - Camosun Library Books by Mail: <https://camosun.libwizard.com/f/booksbymail>
 - Sign up for a free library card with the Greater Victoria Public Library and access their online resources (audiobooks, e-books, classes, movies, etc.). After quarantine, you can visit a branch in-person: <https://www.gvpl.ca/>
- Learn a new skill: sign up for a free trial of Skillshare and take a class in animation, design, writing, photography, lifestyle, illustration, business, etc.: <https://www.skillshare.com/>
- Try a new recipe: if you have access to a kitchen, order groceries online or have someone delivery them to your door. Potential recipe sources:
 - <https://www.epicurious.com/>
 - <https://tasty.co/article/hannahloewentheil/21-single-serving-meals-you-can-make-in-a-college-kitchen>
 - <https://www.jamieoliver.com/family/student-friendly-meals/>
- Engage in a creative activity: draw, sketch, paint, write, etc.

✓ Move Your Body

- Try some simple stretches, an online exercise video, or download an exercise app
 - Camosun College Fitness & Recreation: free online fitness classes: <http://camosun.ca/sports/fitness-recreation/fitness-classes/>
 - Online yoga classes
 - <https://www.doyogawithme.com/>
 - <https://www.youtube.com/user/yogawithadriene>
 - YMCA online fitness classes: <https://ymca360.org/>

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✓ **Support Your Mental Wellness during Quarantine (and beyond)**

- ✓ Exercise, healthy eating, social connection and good rest all help with managing stress and promoting mental well-being.
- ✓ It's completely normal to experience a wide range of emotions. Take some time to write about how you are feeling and/or share with a trusted friend/family member.
- ✓ Be kind to yourself. Learn more about self-compassion here: <https://self-compassion.org/>
- ✓ Try a guided meditation
 - Headspace: <https://www.headspace.com>
 - Insight Timer: <https://insighttimer.com/>
 - Mindshift: <https://www.anxietycanada.com/resources/mindshift-cbt/>
- ✓ Notice how you feel when you are watching or listening to news coverage, especially when it is distressing. It is often helpful to limit media intake. You may consider checking the news once a day, limiting the amount of time you spend watching/reading the news and/or choosing a pleasant activity to engage in after reading the news (e.g. watch a funny video or read a good news story: <https://www.goodnewsnetwork.org/>)
- ✓ Watch a Mental Wellness Webinar from GuardMe: https://www.guard.me/mental_wellness_webinars.php
- ✓ Free Online Course: Mind Control: Managing Your Stress During COVID-19: <https://www.coursera.org/learn/manage-health-covid-19?>
- ✓ Practice gratitude: write down 3 things you're grateful for at the beginning or end of the day
- ✓ Remind yourself that quarantine won't last forever: you will be able to enjoy Victoria soon!
- ✓ Book a confidential phone counselling appointment with a Camosun International Student Counsellor. Appointment are confidential and private, are provided at no extra cost, and you can discuss personal, academic, career, or cultural issues. To find out more, visit: <http://camosun.ca/international/current-students/counselling.html> You can call Counselling Reception at 250-370-3571 to book an appointment, Mon-Fri, 9-4pm.
- ✓ **If you are in crisis or require urgent support outside of office hours, please contact:**
 - [Vancouver Island Crisis Line](#): 1-888-494-3888 (24/7)
 - [Here2Talk](#): 1-877-857-3397: confidential mental health counselling and community referrals for BC post-secondary students through app, phone and web (24/7)

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✓ **Apply for Medical Insurance Coverage**

- ✓ Medical insurance is a requirement for all international students in Canada. Healthcare costs in Canada can be quite high and it is crucial that you are covered under a comprehensive medical insurance plan during your time here, especially during COVID-19.
- ✓ **Medical Services Plan (MSP)**
 - All British Columbia residents, including international students, are legally required to enroll in the Government of British Columbia's medical insurance program, the [Medical Services Plan \(MSP\)](#), which covers basic medical services. The monthly fee of \$75.00 is billed directly to international students by the B.C. government.
- ✓ **MSP Three-Month Waiting Period**
 - For anyone moving to British Columbia, including international students, there is a three-month waiting period before MSP coverage begins.
- ✓ **Guard.me Coverage during the MSP Waiting Period**
 - Students must be enrolled in Guard.me coverage during the MSP waiting period (the first three months). Guard.me coverage is mandatory and is included in the fees for the first semester.
 - Email international_advisors@camosun.ca to sign up for Guard.me
- ✓ **For New Camosun College Students**
 - *Please apply for MSP as soon as you arrive in British Columbia. Visit this website to complete your application online: <https://my.gov.bc.ca/msp/application/prepare>*
 - More details about Medical Insurance will be reviewed during the Camosun International Online Orientation.
- ✓ **For Returning Camosun College Students**
 - Please ensure that your MSP is up to date to prevent any interruption in medical insurance coverage.

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