

Travel - Covid-19 Self-Isolation/Quarantine Plan for Residence

The purpose of this document is to help with the safe return of Quarantining travelers while the Federal Quarantine Act is in effect.

Because our Coop is different from other types of coop residences, this document has been created specifically with our community in mind in accordance with BC government guidelines and Co-op sensibilities to ensure safety for all.

For the purposes of this document, 'Self-Isolation' is interchangeable with 'Quarantine'.

POLICY:

Every returning traveler will share their government approved self-isolation plan with the community via email, so the community can stay informed.

Self-isolation can only take place in a populated pod if the board receives written consent from every resident in the pod prior to the traveler's return. The returning resident and roommates must adhere to any community policies or guidelines around common spaces during the period of self-isolation.

The guest spaces will be made available for any resident who requires them for the purpose of self-isolation.

If you are not self-isolating at CAC, please inform the community and as per government directives "go directly to your place of quarantine or isolation, without stopping anywhere." Arrange to have personal items brought or shipped to you. Please do not enter the building.

GUIDELINES:

We recognize that as time passes, government rules and regulations may change, therefore the guidelines below are a living document and may change to adhere to government protocols.

RETURN FROM TRAVEL OUTSIDE OF CANADA

14 days isolation

These guidelines are based on "COVID 19: How to self-isolate after travel when you live with other family members" published by the Government of BC:

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-self-isolation-multi-generational-households.pdf>

Also in conjunction with the federal Quarantine Act:

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

Consider filling out this Plan below to help you prepare for your self-isolation and reach out to the community for help when needed.

Guideline Plan:

- Where you will self Isolate:
- Door used upon return and during quarantine for food delivery or other essentials. (It's recommended that someone in the coop deliver the food to you from the entrance):
- How/where will you do Laundry:
- Designated Bathroom use in your pod:
- Isolated space for fresh air access:
- Do you have adequate internet access, and enough data on your plan?

- What mode of transportation will be taken to the coop _____
 - If someone is picking you up, who are they _____

- Who will shop for you? (groceries and other essentials)
- Medications: Do you have a way to get meds?
- Child Care: Are you in need of support with child care?
- Pet Care: Do you have someone to walk and help you care for your dog?
- Cleaning Supplies: Do you have adequate supplies? Who will leave clothes and disinfectant spray in the basement for you? (if staying in the guest spaces)
- Do you need extra social support?
- Identify dishes, towels, PPE, Sanitizer, and other hygienic supplies that will be solely dedicated for your use.
- How can the community help you during your isolation?
- Hands are to be washed before leaving the guest space, and surfaces touched must be disinfected immediately.

GENERAL INFORMATION TO CONSIDER

As of August 16th, 2020, contact tracing in BC requires anyone who has come in contact with a confirmed "case" of Covid-19 must self-isolate for 14 days following the same guidelines as an international traveler.

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation/contact-tracing>