

McMaster University PGME COVID-19 Travel Restrictions Information & Protocols



Self-Isolation Plan and Important Information for McMaster International Postgraduate Medical Trainees

All trainees who travel from an international destination are required to self-isolate for a period of 14 days.

Overview

McMaster University is committed to ensuring that all incoming international medical trainees self-isolate for a mandatory 14 days upon arrival to Canada. McMaster University and the Postgraduate Medical Education Office has provided international medical trainees with information and resources to assist them with planning their self-isolation plan.

Also, we have specifically requested the following information from each international trainee to assist us in monitoring their self-isolation period: arrival date, confirmation upon arrival once in Canada, information regarding their self isolation plan, information about their transport from the airport to their accommodations, the location of their accommodations during self-isolation, and an outline of their plan once settled (e.g. groceries, food delivery, self-care items, etc.). All international trainees have been instructed to abide by the following guidelines. Learners must also reference specific information and guidelines at the national, provincial, and municipal level to ensure all necessary steps are complete and ensure their compliance.

All international travellers must follow rules pertaining to self-isolation upon arrival in Canada.

Travellers without symptoms must:

- Go directly to their place of self-isolation, without delay, and remain there for 14 days.
- Ensure they wear an appropriate mask or face covering, while in transit from airport to accommodation.
- Not go to work, other public areas, nor community settings.
- Monitor their health for symptoms of COVID-19.
- Ask someone else to pick up essentials like groceries or medication, or have them delivered.
- Not have visitors.
- Stay in a private place like a yard or balcony if going outside for fresh air.
- Keep a distance of at least 2 metres from others.

Symptoms of COVID-19 include:

- Cough that's new or worsens (continuous, more than usual)
- Barking cough, making a whistling noise when breathing
- Fever (feeling hot to touch, a temperature of 37.8c or higher)
- Chills
- Sore throat
- Stuffy or congested nose (not related to seasonal allergies)
- Pneumonia in both lungs
- Shortness of breath (out of breathe, unable to breathe easily)
- Severe difficulty breathing
(struggling for each breath, can only speak in single words)
- Severe chest pain
(constant tightness or crushing sensation)

- Feeling confused or unsure of where you are
- Losing consciousness
- Lost sense of taste or smell
- Pink eye
- Headaches that's unusual or long lasting
- Digestive Issues (nausea/vomiting, diarrhea, stomach pain)
- Muscle Aches
- Extreme tiredness that is unusual (fatigue, lack of energy)
- Falling down often

You are required to self monitor for the entire 14 days of self isolation. If you experience any of these symptoms, it is imperative that you remain in self isolation for 14 days from the onset of the symptoms and contact the Hamilton Public Health Unit for information and instructions.

Tel: 905-546-CITY (2489) / TTY: 1-800-855-0511 / Website: www.hamilton.ca/publichealth

Additional information and detailed instructions and rules can be found online:

City of Hamilton – <https://www.hamilton.ca/coronavirus/travellers>

Public Health Ontario – <https://www.publichealthontario.ca/>

Government of Canada – <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html?topic=tilelink>

Arrival at Pearson International Airport, Toronto, Canada

Upon arrival at Pearson International Airport, travellers will be required to wear a mask in all public places, including the washroom. Travellers must wear a mask when disembarking the plane and at all times within the airport and its facilities. Please refer to <https://www.torontopearson.com/en> for detailed instructions and guidelines.

It is important to ensure that you bring documents pertaining to your training at McMaster University, your self-isolation plan, and your accommodation plan/reservation with you as supporting documentation. This information may be requested by Canada Border Service Agents upon your arrival.

Trainees who require self-isolation accommodations - Off-Campus Housing Options

Please visit the PGME website for more information and to arrange your booking:

<https://pgme.mcmaster.ca/home/coronavirus-updates/hotel-accommodations/>

Staying with family or friends during self-isolation

We recognize that you may have family or friends who have agreed to accommodate you during self isolation. It is imperative that you follow the self-quarantine rules and regulations noted above or are outlined on the following website: <https://www.hamilton.ca/coronavirus/travellers>

It is imperative that you:

- Have a separate bedroom and bathroom from other people staying in the dwelling.
- Stay confined to your room/space for the entire 14 days upon arrival.
- Must engage in 2 metres social distancing.
- Wear a mask if you must leave your space.

Local Grocery Stores, Food Delivery, Restaurants (offering Halal)

The Hamilton area has local restaurants who deliver Halal food. These include:

1. Paramount Restaurant (<https://paramountfinefoods.com/menu/>), Hamilton: (905) 385-2222
2. Go Tango <http://gotango.ca/>, Ancaster: (905) 648-3888

Grocery Delivery Available:

Fortinos: https://delivery.fortinos.ca/?utm_source=fortinos&utm_medium=PCX-unavailable&utm_campaign=internal-referral

- \$35 minimum and at least 3 unique items required for delivery + Service fee
- Frozen Halal options available
- Delivery within 2 hours

Metro: <https://www.metro.ca/en/online-grocery>

- \$50 minimum for delivery + \$11.99 + HST delivery fee
- Fresh Halal options available
- If you place your order before 1 p.m., you can choose a delivery time after 6 p.m. for same day or any available time that week

Walmart*: <https://www.walmart.ca/en/grocery/N-117>

- \$50 minimum for delivery
- Fresh Halal options available
- *Appears some Hamilton addresses may not be eligible for delivery

Grocery Gateway by Longos: https://www.grocerygateway.com/store/?gclid=Cj0KCQjww_f2BRC-ARIsAP3zarF2CxJVt_q2cqqUlev4FoQ7VOrFc7bWtRHcoHY7XOJ3xdHqHVGVRAAsAkWhEALw_wcB

- \$50 minimum + \$9.99 delivery fee + \$1.00 Eco Fee
- Fresh Halal options available

Eastern Food Market:

<https://www.facebook.com/easternfoodmarket/>

<https://www.easternfoodmarket.com/>

- Fresh Halal meat and some grocery items

Local Pharmacy Information

- Hauser's Pharmacy: <https://www.hauserspharmacy.com/>
- Rexall: <https://www.rexall.ca/>
- Mednow: <https://www.mednow.ca/how-it-works/>
- Guardian: <https://www.guardian-ida-pharmacies.ca/en/ontario/hamilton/first-place-pharmacy-7017215>
- The Village Pharmacy: <https://www.thevillagepharmacy.ca/free-prescription-delivery>
- Shoppers Drug Mart: <https://mypharmacy.shoppersdrugmart.ca/en/refill>

Learner Wellness

Learner wellness is extremely important at any time, and especially when working on the frontlines. Please see the following resources which will help you navigate during your time at McMaster:

- <https://my.visme.co/projects/31qkxdvx-covid-19-wellness-infographic-mcmaster>
- Resident Affairs: <https://pgme.mcmaster.ca/mcmaster-resident-affairs/>