

Government Guidance Regarding Self-Isolation

Information about various guidelines and available support from the federal and provincial government on managing self-isolation in Canada. Learn more about what COVID-19 related financial aids are available, job-protected leave for those that must enter self-isolation, housing help, and more.



Toronto Public Health: Temporary Change in Contact Tracing

Find the latest information from Toronto Public Health on who will be contacted for contact tracing after testing positive for COVID-19.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/10/8e62-TPH-Change-to-Contact-Tracing-October-8-2020.pdf>

Employment Insurance (EI) Sickness Benefits: Apply

Find information from the Government of Canada on how to apply for Employment Insurance (EI) Sickness Benefits for employees affected by COVID-19.

Accessible from: <https://www.canada.ca/en/services/benefits/ei/ei-sickness/apply.html>

Employment Standards Amendment Act (Infectious Disease Emergencies), 2020

Find information from the Government of Ontario on job-protected leave for persons who must enter self-isolation or quarantine due to COVID-19, or those who need to be away from work to care for children because of school or day care closures or to care for other relatives.

Accessible from: <https://news.ontario.ca/en/backgrounder/56387/employment-standards-amendment-act-infectious-disease-emergencies-2020>

Employment Insurance (EI) Sickness Benefits Fact Sheet

Infographic from the City of Toronto on Employment Insurance (EI) Sickness Benefits relating to COVID-19. Find information on who qualifies, how much a person will receive, how to apply, and what a person should do if they do not qualify for sick-leave benefits.

Accessible from: https://www.toronto.ca/wp-content/uploads/2020/03/8ed6-EI-Sick-Benefits-COVID-19_Fact-Sheet1.pdf

Apply for emergency assistance: Government of Ontario Income Support

Find information Learn how to get short term financial support if you are in a crisis or an emergency situation and require financial support for things like food and housing.

Accessible from: <https://www.ontario.ca/page/apply-emergency-assistance>

Public Pensions – COVID-19

Find information from the Government of Canada on public pensions during COVID-19, including payments for persons with disabilities, seniors, and students.

Accessible from: <https://www.canada.ca/en/services/benefits/publicpensions/notice-covid-19.html>

One-Time Tax-Free Payment for Seniors

Find information from the Government of Canada on a one-time-tax-free payment for seniors during the COVID-19 pandemic.

Accessible from: <https://www.canada.ca/en/services/benefits/publicpensions/notice-covid-19/one-time-payment.html>

One-Time Payment to Persons with Disabilities

Find information from the Government of Canada on a one-time payment to persons with disabilities during the COVID-19 pandemic.

Accessible from: <https://www.canada.ca/en/services/benefits/covid19-emergency-benefits/one-time-payment-persons-disabilities.html>

Emergency Housing Help – Housing Stabilization Fund

Find information from the City of Toronto on emergency housing help and the Housing Stabilization Fund.

Accessible from: <https://www.toronto.ca/community-people/employment-social-support/housing-support/financial-support-for-renters/housing-stabilization-fund/>

211 Program: Government, Community-based, Non- Clinical Health and Social Services

A website from 211 describing their free and confidential services, which can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text, and web. During COVID-19, 211 can play an important role in helping you access social programs, such as getting groceries or running errands while self-isolating, assistance in applying for Government benefits, and accessing mental health services.

Accessible from: <https://211.ca>