

Resources for Self-Isolation

Collated by the Knowledge Translation Program at St. Michael's Hospital

Updated: March 2021

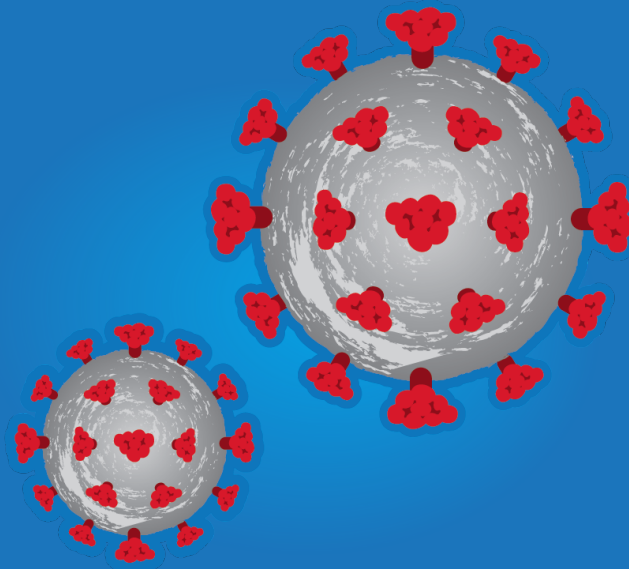


Table of Contents

General Resources on Self-Isolation	3
Government Guidance Regarding Self-Isolation.....	10
Self-Isolation in a Shared Home	14
Financial Supports in Self-Isolation.....	18
Food and Grocery Delivery in Self-Isolation.....	26
Mental Health During Self-Isolation	32
Pregnancy or Parenting During Self-Isolation.....	38
Resources for Lifestyle Management during Self-Isolation.....	43
Resources about COVID-19 Testing.....	46
Resources for Emergency Scenarios in Self-Isolation	49
Return to Work	52
French Resources.....	55

General Resources on Self-Isolation

Resources to help you navigate self-isolation if you may have been exposed to COVID-19 or have tested COVID-19 positive. Learn what self-isolation entails, how to stop the spread of the virus, how to notify close contacts, what to do if you believe you have been exposed to the virus, and more.



How to Quarantine (Self-Isolate) at Home When You May Have Been Exposed to COVID-19 and Have No Symptoms

General guidelines from the Government of Canada on how to self-isolate at home when you may have been exposed to COVID-19 and have no symptoms. Find information on what self-isolation entails, what to do if you develop symptoms in quarantine, how to limit contact with others, helpful supplies to keep at home, and more.

Accessible from: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html>

COVID-19: Stop the Spread

Information from the Government of Ontario on what you need to do to help stop the spread of the novel coronavirus, how to self-isolate if you've been exposed and how to care for someone with coronavirus (COVID-19). Find information on symptoms and treatment, face coverings, getting tested for COVID-19, how to self-isolate, travelling, and more.

Accessible from: <https://www.ontario.ca/page/covid-19-stop-spread#section-4>

How to Self-Isolate

Infographic from Public Health Ontario on how to self-isolate. Find guidance on how to stay at home, avoid contact with others, keep your distance, wash your hands, cover your coughs and sneezes, wear a mask, and what to do if you develop symptoms.

Accessible from: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>

COVID-19: If You Are Sick or Caring for Someone

Guidance from the Centers for Disease Control and Prevention (CDC) on caring for yourself and others if you or others become sick with COVID-19. Find resources on what to do if you are sick, how to isolate if you are sick, when you can be around others again, and caring for someone at home.

Accessible from: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Fguidance-prevent-spread.html

How to Isolate at Home When You May Have COVID-19

Resource from the Government of Canada on how to isolate at home when it is possible that you have been exposed to COVID-19. Find information on what isolation entails, how to limit contact with others, keep your hands clean, avoid contaminating common items and surfaces, care for yourself, and more.

Accessible from: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html>

What to Do If You Might Have COVID-19

Infographic from Health Design Studio on what to do if you suspect you have COVID-19. Find information on what you can do to feel better, and what to do if you begin to feel worse.

Accessible from: https://docs.google.com/document/d/19hUN2xTC_0o6SGBBwEt7XUAUY-yJky4NyVzCV9XJEgo/edit

COVID-19 Self-isolation Sheet

Infographic from [Health Design Studio](#) detailing how to self-isolate for COVID-19, including how to isolate while living in an apartment or condo building, and living with others while being sick.

Accessible from:
https://docs.google.com/document/d/1gtogspXrTc_tfrjAXjuiSOJd40quNCBdvDDtJQ32P3Y/edit

COVID-19 Self Isolation, Self-Management, and Safety Advice Infographics

A collection of printable infographics available in multiple languages from [Health Design Studio](#) on navigating the COVID-19 pandemic. Find information on testing for COVID-19, terminology differences, physical distancing in apartments, details on hospital visitation, mask usage, and other safety protocols.

Accessible from: <http://www.healthdesignstudio.ca/covid-19-printables.html>

COVID-19 Class Order for Self-Isolation Fact Sheet (English)

Information from the Medical Officer of Health's COVID-19 Class Order directing people to stay home and self-isolate until they are not contagious with COVID-19. Find details on what a COVID-19 class order is, who the class order applies to, how long people should self-isolate for, and more.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/04/9733-COVID-19-April1-Class-Order-Fact-Sheet.pdf>

How to Notify Close Contacts: Who Is a Close Contact? (English)

Visual from Toronto Public Health explaining who is, and who is not a close contact. This information can be used to identify persons who may have become exposed through contact with someone who has COVID-19.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/11/986b-Who-is-a-Close-Contact-Banner-FNL.pdf>

How to Notify Close Contacts: Who Is a Close Contact at Work? (English)

Visual from Toronto Public Health explaining who is, and who is not a close contact in the workplace. This information can be used to identify coworkers who may have become exposed through contact with someone who has COVID-19.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/10/8e69-Who-is-a-Close-Contact-at-Work-FNL-Banner.pdf>

Quarantine and Isolation: Mental Health

An outline from CAMH on how the effects of isolation can negatively impact mental health, as well as resources to help cope. The article additionally provides tips and advice for supporting a loved one, particularly those with a pre-existing mental illness, while in isolation.

Accessible from: <https://www.camh.ca/en/health-info/mental-health-and-covid-19/quarantine-and-isolation>

Toronto Voluntary Isolation Centre Infographic (English)

An infographic from Toronto Public Health that is applicable if you or someone you live with has COVID-19, and you need a private space to self-isolate. Provides information on accommodations at the centre, meals and snacks, and a hotline contact number for further inquiries.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/12/946d-Torontos-Voluntary-Isolation-Centre-NOV-Banner-English.pdf>

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>

Paid Self-Isolation/Quarantine Accommodation Options for Students

A list of resources from the University of Toronto recommending potential accommodation, food delivery, and transportation options for campus community members required to self-isolate.

Accessible from: <https://studentlife.utoronto.ca/wp-content/uploads/Quarantine-Accommodation-Options.pdf>

COVID-19: What to Do if Asymptomatic, What to Do If Symptomatic Infographic

An infographic from Unity Health Toronto with visual descriptions of what to do if asymptomatic or symptomatic with COVID-19. Includes surgery information, travel precautions, information regarding close contacts, and what to do after exposure is alerted by the COVID-19 Alert App.

Accessible from: https://unityhealth.to/wp-content/uploads/2020/10/COVID19_Assym_Infographic_Poster1_24x36_Oct05_2020.pdf

COVID 19: Have COVID-19 or Been Exposed

A resource from the City of Toronto outlining what to expect if you have COVID-19, contact tracing and notifying close contacts, the Toronto Voluntary Isolation Centre, and ending self-isolation and returning to work.

Accessible from: <https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/covid-19-have-symptoms-or-been-exposed/>

COVID-19: Reduce Virus Spread

A page by the City of Toronto providing tips on how to reduce virus spread during COVID-19. Find out how to practice physical distancing, practice safer sex, ensure food safety, wear a face covering, safely perform CPR during COVID-19, and other advice for specific needs.

Accessible from: <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-reduce-virus-spread/>

Planning Your Quarantine

Guide from the University of Ottawa to help travelers or persons that must enter a mandatory 14-day self-isolation plan. Find information on planning for quarantine before you travel, what to expect upon arrival, what to do while you are in quarantine, and more.

Accessible from: <https://international.uottawa.ca/en/Planning-your-own-quarantine>

Seniors Resources and Supports During COVID-19

Support services and resources available for seniors during the COVID-19 pandemic compiled by Red Book, a Community Information website from the Hamilton Public Library. Find resources for loneliness, meal delivery, grocery shopping, faith-based support, and more for seniors in self-isolation in Hamilton and nearby regions.

Accessible from: <https://redbook.hpl.ca/node/12216>

CareMongering-HamOnt: Hamilton Community Response to COVID19

A Hamilton-based Facebook group for sharing and organizing community resources in response to COVID-19. Ensures vulnerable community members have access to food, housing, healthcare, and other necessities.

Accessible from: <https://www.facebook.com/groups/Hamont.Response.COVID19/>

CareMongering-Ott: Ottawa Community Response to COVID19

An Ottawa-based Facebook group for sharing and organizing community resources in response to COVID-19. Ensures vulnerable community members have access to food, housing, healthcare, and other necessities.

Accessible from: <https://www.facebook.com/groups/1818811868263501/>

CareMongering-TO: TO Community Response to COVID19

A Toronto-based Facebook group for sharing and organizing community resources in response to COVID-19. Ensures vulnerable community members have access to food, housing, healthcare, and other necessities.

Accessible from: <https://www.facebook.com/groups/TO.Community.Response.COVID19/>

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>

Self-Isolation in a Shared Home

Helpful guidelines on navigating self-isolation in a home shared with others with or without COVID-19. Find best practices for preventing COVID-19 spread in the home including how to social distance with household members, disinfecting your home, cleaning laundry, and more.



COVID-19: If You Are Sick or Caring for Someone

Guidance from the Centers for Disease Control and Prevention (CDC) on caring for yourself and others if you or others become sick with COVID-19. Find resources on what to do if you are sick, how to isolate if you are sick, when you can be around others again, and caring for someone at home.

Accessible from: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Fguidance-prevent-spread.html

If Someone is Sick at Home with COVID-19: Infographic

Infographic from the British Columbia Centre for Disease Control on what to do if someone is sick at home with COVID-19. This resource may be used to explain self-isolation to children or other family members.

Accessible from: http://www.bccdc.ca/Health-Info-Site/Documents/StoptheSpread_COVID-19_at_home.pdf

How to Isolate at Home When You May Have COVID-19

Resource from the Government of Canada on how to isolate at home when it is possible that you have been exposed to COVID-19. Find information on what isolation entails, how to limit contact with others, keep your hands clean, avoid contaminating common items and surfaces, care for yourself, and more.

Accessible from: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html>

COVID-19 Self-Isolation Sheet (English)

Infographic from Health Design Studio detailing how to self-isolate for COVID-19, how to isolate while living in an apartment or condo building, and living with others while being sick.

Accessible from: https://docs.google.com/document/d/1gtogspXrTc_tfrjAXjuiSOJd40quNCBdvDDtJQ32P3Y/edit

COVID-19 Self Isolation, Self-Management, and Safety Advice Infographics

A collection of printable infographics available in multiple languages from Health Design Studio on navigating the COVID-19 pandemic. Find information on how to test for COVID-19, terminology differences, physical distancing in apartments, details on hospital visitation, mask usage, and other safety protocols.

Accessible from: <http://www.healthdesignstudio.ca/covid-19-printables.html>

If a Parent or a Sole Caregiver has COVID-19

Information from the Centers for Disease Control and Prevention (CDC) for sick parents and caregivers with COVID-19. Provides age-specific information for younger and older children, staying safe in the home with a sick guardian, and quarantining with a temporary caregiver.

Accessible from: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/parents-caregivers.html>

People Who Use Substances: If You Are Quarantined or in Isolation

Harm reduction guidelines from the BC Centre for Disease Control for people who use substances, overdose prevention services and supervised consumption sites during COVID-19. Find details on practicing safer drug use to decrease transmission, accessing testing, responding to an overdose in the community, and workplace-specific information for overdose prevention personnel.

Accessible from: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations/people-who-use-substances>

Toronto Voluntary Isolation Centre Infographic (English)

An infographic from Toronto Public Health that is applicable if you or someone you live with has COVID-19, and you need a private space to self-isolate. Provides information on accommodations at the centre, meals and snacks, and a hotline contact number for further inquiries.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/12/946d-Torontos-Voluntary-Isolation-Centre-NOV-Banner-English.pdf>

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>

Laundry and Hygiene During COVID-19

A list of guidelines from UNICEF on safely cleaning laundry and disinfecting your home during COVID-19. Find out how to clean laundry inside and outside the home, disinfect clothing and linens, safely prepare meals, and practice proper hygiene.

Accessible from: <https://www.unicef.org/coronavirus/cleaning-and-hygiene-tips-help-keep-coronavirus-covid-19-out-your-home#cleaning-clothes>

Cleaning and Disinfecting your Home When Someone is Sick with COVID-19

Guidelines from the Centers for Disease Control and Prevention (CDC) on how to adequately clean and disinfect your home when someone is sick with COVID-19. Learn how to clean soft, porous surfaces, electronics, laundry, and air ventilation systems to reduce airborne transmission of COVID-19.

Accessible from: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

Financial Supports in Self-Isolation

Detailed information regarding the financial aids available for COVID-19 relief for eligible Canadians. Find out how to apply for income support, employment insurance, pensions, and more assistance for low-income households.



Employment Insurance (EI) Sickness Benefits: Apply

Find information from the Government of Canada on 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>

COVID-19: Income Support

Resource from the City of Toronto on income supports offered during the COVID-19 pandemic. Find information on employment insurance, job protected leave, mortgage and banking solutions, the Toronto rent bank, and more.

Accessible from: <https://www.toronto.ca/home/covid-19/covid-19-financial-social-support-for-people/covid-19-income-support/>

Employment Insurance (EI) Sickness Benefits Fact Sheet

Infographic from the City of Toronto on Employment Insurance (EI) Sickness Benefits relating to COVID-19.

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 don't have enough money 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. Find information on 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>

Ontario Child Benefit

Find information on the Ontario Child Benefits, which gives low-income to moderate-income families up to \$1,461 per child per year to help with the cost of raising children. You can receive this benefit if you are working or you are not working.

Accessible from: <https://www.ontario.ca/page/ontario-child-benefit>

Canada Child Benefit

Find information on the Canada Child Benefit (CCB), which is administered by the Canada Revenue Agency (CRA). It is a tax-free monthly payment made to eligible families to help with the cost of raising children under 18 years of age.

Accessible from: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>

Financial Support for Childcare

Find information on different government subsidies and grants to help you pay for childcare or to support children with special needs.

Accessible from: <https://www.ontario.ca/page/child-care-subsidies>

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/>

Energy Assistance Programs

Information from the Neighborhood Information Post on a variety of energy assistance programs available. These include the Low-Income Energy Assistance Program, the Home Assistance Program, and the Ontario Electricity Support Program.

Accessible from: <http://www.nipost.org/energy-assistance-programs>

Toronto Rent Bank Program

Read from the Neighborhood Information Post about the Toronto Rent Bank Program. Learn about the eligibility criteria and application information for interest-free, repayable loans provided to low-income households facing eviction.

Accessible from: <http://www.nipost.org/toronto-rent-bank>

Access and Connections Program

Find information from the Neighborhood Information Post on the Access & Connections Program, which helps vulnerable, low-income people have reduced social isolation and helps with life stabilization.

Services include telephone access, internet processing, tax form assistance, case management, and more.

Accessible from: <http://www.nipost.org/access-and-connections-program>

Housing Trusteeship Program

Learn from the Neighborhood Information Post about resources for individuals who need short-term assistance in stabilizing their housing situation/preventing eviction, and supports in maintaining housing to establish independent living.

Accessible from: <http://www.nipost.org/housing-trustee-program>

LEAP: Low-Income Energy Assistance Program

Read from the Neighborhood Information Post on how you can qualify for the Low-Income Energy Assistance Program. Discover the specific Emergency Financial Assistance (EFA) income eligibility criteria to qualify for the program, and access the form to submit your application.

Accessible from: <http://www.nipost.org/leap>

Assistance Through Ontario Works

Learn from the City of Toronto about financial assistance available through Ontario Works. View information on eligibility criteria, how to apply, specific benefits you may receive, and more.

Accessible from: <https://www.toronto.ca/community-people/employment-social-support/support-for-people-in-financial-need/assistance-through-ontario-works>

Service and Benefit Finder Tool

A tool from the City of Toronto that creates a personalized list of services, benefits, and subsidies offered through the City of Toronto that may be available to you. Determines your level of need based on financial, social, and housing factors.

Accessible from: <https://www.toronto.ca/community-people/employment-social-support/benefit-finder-tool/#0>

Canada Recovery Caregiving Benefit (CRCB)

Information from the Government of Canada on the Canada Recovery Caregiving Benefit, which assists individuals who must provide supervised care to a child or a loved one due to COVID-19. Find out eligibility requirements for the income support, periods in which you can apply, and more.

Accessible from: <https://www.canada.ca/en/revenue-agency/services/benefits/recovery-caregiving-benefit.html>

Canada Recovery Benefit (CRB)

Learn about the Canada Recovery Benefit from the Government of Canada, which offers income support for employed persons directly affected by COVID-19 and ineligible for Employment Insurance (EI) benefits. Learn about the eligibility criteria, when you can apply, information on re-applying, and more.

Accessible from: <https://www.canada.ca/en/revenue-agency/services/benefits/recovery-benefit.html>

Canada Recovery Sickness Benefit (CRSB)

Find information on the Canada Recovery Sickness Benefit from the Government of Canada, which provides income support to individuals who are unable to work because they are sick or need to self-isolate due to COVID-19, or have an underlying health condition that puts them at greater risk of getting COVID-19. Learn about the eligibility criteria, when you can apply, information on re-applying, and more.

Accessible from: <https://www.canada.ca/en/revenue-agency/services/benefits/recovery-sickness-benefit.html>

Employment Insurance (EI) Maternity and Parental Benefits: What These Benefits Offer

Read about Employment Insurance (EI) maternity and parental benefits from the Government of Canada, including a benefit overview, eligibility requirements, and temporary changes to the program due to COVID-19.

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

Employment Insurance (EI) Benefits for Self-Employed People: What This Program Offers

Learn about Employment Insurance (EI) benefits for self-employed people, including the 6 different types of benefits, how to register for the self-employed program, and temporary changes to the program due to COVID-19.

Accessible from: <https://www.canada.ca/en/services/benefits/ei/ei-self-employed-workers.html>

Employment Insurance (EI) Fishing Benefits - Overview

Read about Employment Insurance (EI) benefits for self-employed fishers who are actively seeking work. Find out how fishing benefits are calculated, eligibility requirements, and temporary changes to the program due to COVID-19.

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

Indigenous Peoples Resilience Fund Emergency COVID- 19 Application

Access the application by Community Foundations of Canada for the Indigenous Peoples Resilience Fund Emergency COVID-19 Application. Form describes potential applicable areas of support, asks for specific challenges presented by COVID-19, and outlines funding reporting requirements.

Accessible from: <https://communityfoundations.ca/wp-content/uploads/2019/04/IPRF-Application-Form-Fillable-Nov5.pdf>

The Indigenous Peoples Resilience Fund: Applicant Guide

An informational application guide by Community Foundations of Canada on eligible individuals and organizations for The Indigenous Peoples Resilience Fund. Document outlines eligibility criteria, how to apply for the fund, funding timelines, and a list of eligible expenses.

Accessible from: <https://communityfoundations.ca/wp-content/uploads/2020/06/IPRF-Application-Guidelines-FINAL-Oct10.pdf>

Ontario Caregiver Helpline

The Ontario Caregiver Helpline provides caregivers with a one-stop resource for information and support. Provides information on respite care in your area, support groups, information about financial support available to caregivers, and help navigating health and social service systems.

Accessible from: <https://ontariocaregiver.ca/find-support/helpline/>

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>

COVID-19: Guide to Federal, Provincial, and Municipal Relief Programs

A guide from Gowling WLG (Wragge Lawrence Graham & Co) detailing federal, provincial, and municipal COVID-19 relief programs. Learn which relief programs are available, with key insights regarding access and eligibility.

Accessible from: <https://gowlingwlg.com/en/insights-resources/guides/2020/covid-19-government-relief-programs-guide/>

Food and Grocery Delivery in Self-Isolation

A curated list of food options and delivery services for those in self-isolation that are unable to leave their home to pick up groceries and meals. Find information about restaurants in your area offering delivery services, grocery delivery, food banks and other food assistance, and more.



Food Delivery Resources for those in Self- Isolation/Quarantine

A list by the University of Toronto of food delivery resources for those in self-isolation. Includes grocery and meal delivery services, a brief description of the service's specialty, and the location of the delivery zone.

Accessible from: https://studentlife.utoronto.ca/wp-content/uploads/Food_Resource_List.pdf

Toronto-Region Branch Mobile Food Bank

Information from the Canadian Red Cross on the Mobile Food Bank service, which delivers food to persons who are unable to access a food bank due to a permanent or temporary disability. The program provides access to nutritious meals, safety checks, health status monitoring, and social interaction.

Accessible from: <https://www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/mobile-food-bank/toronto-region-branch-mobile-food-bank>

Toronto Emergency Food Assistance

Information from the Canadian Red Cross on emergency food assistance available in Toronto during COVID-19. Provides information on a Red Cross call centre to identify beneficiary needs, contact information, and connections to volunteers who can deliver several days worth of shelf stable food.

Accessible from: Info found at: <http://211update.findhelp.ca/record/MET0198> or <https://www.redcross.ca/in-your-community/ontario/ontario-news-and-stories/canadian-red-cross-launches-toronto-emergency-food-assistance>

CareMongering-HamOnt: Hamilton Community Response to COVID-19

A Hamilton-based Facebook group for sharing and organizing community resources in response to COVID-19. Ensures vulnerable community members have access to food, housing, healthcare, and other necessities.

Accessible from: <https://www.facebook.com/groups/Hamont.Response.COVID19/>

CareMongering-Ott: Ottawa Community Response to COVID-19

An Ottawa-based Facebook group for sharing and organizing community resources in response to COVID-19. Ensures vulnerable community members have access to food, housing, healthcare, and other necessities.

Accessible from: <https://www.facebook.com/groups/1818811868263501/>

CareMongering-TO: TO Community Response to COVID-19

A Toronto-based Facebook group for sharing and organizing community resources in response to COVID-19. Ensures vulnerable community members have access to food, housing, healthcare, and other necessities.

Accessible from: <https://www.facebook.com/groups/TO.Community.Response.COVID19/>

Good Neighbour Project: COVID-19 Essentials Volunteer Delivery

A list by Toronto Central Local Health Integrated Network (LHIN) of contact information for the Good Neighbour Project, as well as hours of operation and a brief description of the organization's activities. Provides service to the Greater Toronto Area, Ottawa, and London.

Accessible from: <https://www.torontocentralhealthline.ca/display/service.aspx?id=194953>

Good Neighbour Project: COVID-19 Essentials Volunteer Delivery Website

Good Neighbor Project provides seniors, persons with disabilities, pregnant individuals, and those in self-isolation grocery delivery services, who are otherwise unable to access groceries during the pandemic. Provides service to the Greater Toronto Area, Ottawa, and London.

Accessible from: <https://www.goodneighbourproject.com>

Food Banks Canada: Find a Food Bank

A resource from Food Banks Canada helping locate food banks near you based on proximity. The website additionally has an interactive map and allows you to search for local food banks by city or town.

Accessible from: <https://www.foodbankscanada.ca/utility-pages/find-a-food-bank.aspx>

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>

Food Security Resources

A guide from Social Planning Toronto outlining food security resources for non-profits and charities, as well as residents. City of Toronto resources are outlined, as well as community organized projects that assist with food security for at-risk groups during COVID-19.

Accessible from: https://www.socialplanningtoronto.org/covid_food

Food Rx

A guide from Social Planning Toronto outlining food security resources for non-profits and charities, as well as residents. City of Toronto resources are outlined, as well as community organized projects that assist with food security for at-risk groups during COVID-19. The Food Rx program is a project run in collaboration between FoodShare and the University Health Network (UHN). Supported by the McConnell Foundation, it aims at addressing food needs that have been exacerbated by the COVID-19 pandemic by connecting folks with a 'prescription' for regular home delivery of fresh fruits and vegetables.

Accessible from: <https://foodshare.net/program/foodrx/>

Second Harvest: Need Food

A list from Second Harvest detailing food resources in the Greater Toronto Area. Find the contact information of food banks in the GTA, as well as meal programs offered through the Second Harvest or the City of Toronto's Foodlink Hotline.

Accessible from: <https://secondharvest.ca/need-food/>

Downtown Hamilton: List of Restaurants Offering Delivery

A list compiled by the city of Hamilton featuring restaurants and other businesses offering delivery, takeout, or curbside pickup options.

Accessible from: <https://downtownhamilton.org/support-our-community/>

Resources for People in Need

Resources compiled by the Government of Ottawa to assist people in need. Find food resources, resources for isolated seniors, masking resources, community health and resource centres, text and chat lines to provide support for victims of violence and abuse, and more.

Accessible from: <https://ottawa.ca/en/family-and-social-services/family-and-social-services-covid-19-info/resources-people-need>

Seniors Resources and Supports During COVID-19

Support services and resources available for seniors during the COVID-19 pandemic compiled by Red Book, a Community Information website from the Hamilton Public Library. Find resources for loneliness, meal delivery, grocery shopping, faith-based support, and more for seniors in self-isolation.

Accessible from: <https://redbook.hpl.ca/node/12216>

Toronto Community Fridges

"Take what you need, leave what you can." Find information on and locations of the completely free, open-access community fridges located throughout Toronto for those who are struggling with food insecurity.

Accessible from: <https://linktr.ee/cfto>

Mental Health During Self-Isolation

Accessible mental health supports for anyone affected by COVID-19 related stress, anxiety, and depression. Learn about affordable resources for therapy, supports dedicated for frontline workers burdened by the impacts of COVID-19, and resilience training for healthcare workers during COVID-19.



Quarantine and Isolation: Mental Health

An outline from Centre for Addiction and Mental Health (CAMH) on how the effects of isolation can negatively impact mental health, as well as resources to help cope. The article additionally provides tips and advice for supporting a loved one, particularly those with a pre-existing mental illness, while in isolation.

Accessible from: <https://www.camh.ca/en/health-info/mental-health-and-covid-19/quarantine-and-isolation>

Together All: Online Peer Support Community for Your Mental Health

An anonymous community where members can support each other through a safe place to talk and share, 24 hours a day, 7 days a week. Additionally, Together All provides self-assessments, creative tools, and self-guided courses for personal growth.

Accessible from: <https://togetherall.com/en-ca/>

Affordable Therapy Network: An Initiative to Increase Access to Mental Health Services Across Canada

Find affordable therapy from the Affordable Therapy Network that is low cost or provided with sliding scale fees. Provides a network of affordable therapists for patients without having to go through an organization, and offers online therapy during COVID-19.

Accessible from: <https://affordabletherapynetwork.com/>

Helping Health Care Workers Cope with COVID-19- Related Trauma

Information from Anxiety Canada on helping healthcare workers cope with unprecedented COVID-19 trauma. Provides coping strategies, self-monitoring tips for post-traumatic stress disorders, and recommendations for healthcare leaders.

Accessible from: <https://www.anxietycanada.com/articles/helping-health-care-workers-cope-with-covid-19-related-trauma/>

Ontario Caregiver Helpline

The Ontario Caregiver Helpline provides caregivers with a one-stop resource for information and support. Provides information on respite care in your area, support groups, information about financial support available to caregivers, and help navigating health and social service systems.

Accessible from: <https://ontariocaregiver.ca/find-support/helpline/>

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>

Resources for People in Need

Resources compiled by the Government of Ottawa to assist people in need. Find food resources, resources for isolated seniors, masking resources, community health and resource centres, text and chat lines to provide support for victims of violence and abuse, and more.

Accessible from: <https://ottawa.ca/en/family-and-social-services/family-and-social-services-covid-19-info/resources-people-need>

Seniors Resources and Supports During COVID-19

Support services and resources available for seniors during the COVID-19 pandemic compiled by Red Book, a Community Information website from the Hamilton Public Library. Find resources for loneliness, meal delivery, grocery shopping, faith-based support, and more for seniors in self-isolation.

Accessible from: <https://redbook.hpl.ca/node/12216>

Care for Caregivers: Mental Health Support for Continuing Care Providers

An online resource established in response to the COVID-19 pandemic to provide support for healthcare workers who support others. Designed specifically for professional care providers and the leadership team who supports them, Care of Caregivers provides resources and targeted support for COVID-19 related mental health stressors.

Accessible from: <https://www.careforcaregivers.ca/>

Centre for Addiction and Mental Health (CAMH): Self- Referral for Mental Health Care

An online self-referral form for health care workers in Ontario that are impacted by stress related to COVID-19 and require mental health and/or addiction support.

Accessible from: <https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals>

Health Care Worker Assist

Created to support healthcare workers with increased anxiety and depression. Services offered include system navigation, crisis planning, psychoeducation, brief individual therapy, primary care phone consultation guidance, and referral to Prompt Care Clinic for most high-risk individuals.

Accessible from: https://www.ontarioshores.ca/finding_help/programs_and_services/adults/health_care_worker_assist

Mind Beacon: Therapist Guided Mental Health Support

Free mental support funded by the Government of Ontario for Ontario residents dealing with mental illness. Services include 1-1 sessions focused on Cognitive Behavioural Therapy with a licensed therapist. Additionally offers customized support for healthcare workers.

Accessible from: <https://info.mindbeacon.com/btn542>

Bound Back: Reclaim Your Health

A free skill-building program managed by the Canadian Mental Health Association (CMHA) to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and online videos.

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

COVID Frontline Wellness

Confidential support offered through phone or video conference for health care workers impacted by stress related to COVID-19. Supports are offered in both English and French, and aim to help individuals build coping skills and manage feelings of stress, anxiety, and depression.

Accessible from: <https://www.theroyal.ca/covid-frontline-wellness>

ECHO Ontario Mental Health: Coping with COVID

A virtual training and capacity building model that supports healthcare providers responding to the COVID-19 pandemic in learning about ways to build resilience and overall wellness through lectures and case-based discussions.

Accessible from: <https://camh.echoontario.ca/echo-coping-with-covid/>

ECHO Ontario Mental Health: Care of the Elderly for LTC

A telehealth, case-based learning program run by Baycrest and North East Specialized Geriatric Centre to enhance the quality of care to LTC residents by improving knowledge and skills of their primary care providers. Session focuses on building resiliency in LTC team members during COVID-19

Accessible from: <https://clri-ltc.ca/resource/echo-covid19/>

Strengthening Mental Health and Wellness During COVID-19

A curated list of accessible mental health resources by the Ontario Hospital Association. Find Ontario, national and international resources that support mental wellbeing.

Accessible from: <https://www.oha.com/news/strengthening-mental-health-and-wellness-during-covid-19>

Pregnancy or Parenting During Self-Isolation

Resources for those pregnant and parenting during COVID-19. Helpful advice on caring for an infant and breastfeeding if you have tested positive for COVID-19, talking to your children about social distancing and self-isolation, and government administered financial support for child care.



Caring for a Baby When You Have COVID-19

Informative fact sheet from Toronto Public Health on caring for a baby or child when you have COVID-19. Includes information on breastfeeding, providing your baby with formula, and maintaining adequate hygiene around your baby.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/05/964e-Caring-for-a-baby-when-you-have-COVID-19.pdf>

Breastfeeding When COVID-19 Positive

Informative fact sheet from Toronto Public Health on breastfeeding while you are COVID-19 positive. Provides details on virus transmission through breast milk, proper sterilization techniques, and mask usage while breastfeeding.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/05/9687-COVID-19-and-Breastfeeding.pdf>

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>

Coronavirus (COVID-19): Talking with Children About Physical Distancing and Self-Isolation

A guide from Raising Children Australia on talking to children about physical distancing and self-isolation. Find out how to provide children accurate age-appropriate information, use a calm and reassuring tone, and help children talk about their feelings.

Accessible from: <https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-talking-about-distancing-and-isolation>

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>

COVID-19: Advice for Specific Needs

Information from the City of Toronto providing tailored health advice for those with specific needs during COVID-19. Find out how to prevent the spread of COVID-19 if you are a pet owner, senior, use substances, communicate with the deaf or hard of hearing, co-parent in a shared custody agreement, and more.

Accessible from: <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-advice-for-those-with-unique-needs/>

Pregnancy, Breastfeeding, and Caring for Newborns During COVID-19

Article by the Centers for Disease Control and Prevention (CDC) with guidelines on pregnancy, breastfeeding, and caring for newborns during COVID-19. Find out how to reduce your risk of contracting COVID-19, staying healthy during pregnancy, breastfeeding precautions, and possible signs and symptoms of COVID-19 in babies.

Accessible from: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

Breastfeeding and COVID-19

Information from the Canadian Paediatric Society on breastfeeding during the COVID-19 pandemic. Provides information on maternal hospital-based care for positive or suspected COVID-19 cases, breastfeeding while carrying the virus, and breastfeeding after receiving a COVID-19 vaccine.

Accessible from: <https://www.cps.ca/en/documents/position/breastfeeding-when-mothers-have-suspected-or-proven-covid-19>

Pregnant and Worried About COVID-19?

An informative blog post from Harvard Health Publishing on pregnancy during COVID-19. Discusses the risk of passing COVID-19 to a fetus or newborn, prenatal care, and the risk of birth complications due to COVID-19.

Accessible from: <https://www.health.harvard.edu/blog/pregnant-and-worried-about-covid-19-2020031619212>

If a Parent or a Sole Caregiver has COVID-19

Information from the Centers for Disease Control and Prevention (CDC) for sick parents and caregivers with COVID-19. Provides age-specific information for younger and older children, staying safe in the home with a sick guardian, and quarantining with a temporary caregiver.

Accessible from: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/parents-caregivers.html>

Financial Support for Child Care

Information from the Government of Ontario on how to obtain government subsidies and grants to help you pay for child care or to support children with special needs

Accessible from: <https://www.ontario.ca/page/child-care-subsidies>

Ontario Child Benefit

Find information on the Ontario Child Benefit, which gives low-income to moderate-income families up to \$1,461 per child per year to help with the cost of raising children. You can receive this benefit if you are working or if you are not working.

Accessible from: <https://www.ontario.ca/page/ontario-child-benefit>

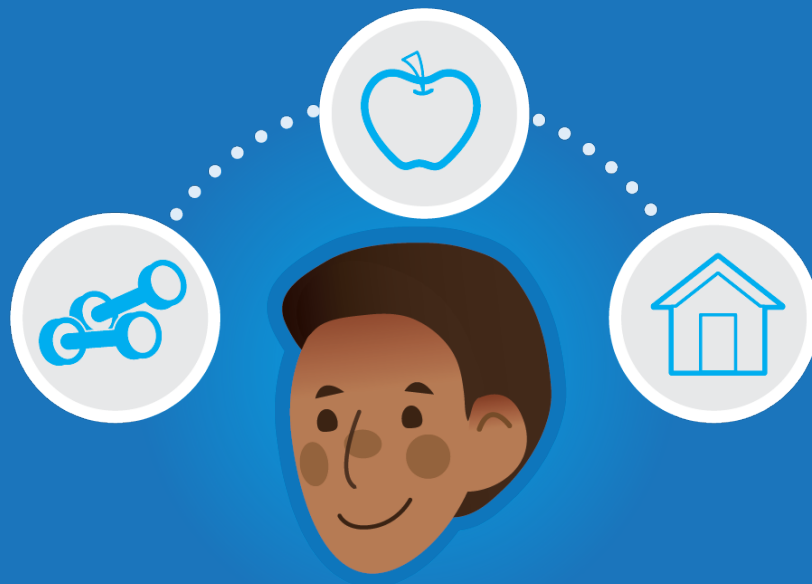
Canada Child Benefit

Find information on the Canada Child Benefit, which is administered by the Canada Revenue Agency (CRA). It is a tax-free monthly payment made to eligible families to help with the cost of raising children under 18 years of age.

Accessible from: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>

Resources for Lifestyle Management during Self-Isolation

Helpful resources for managing lifestyle activities during self-isolation and/or quarantine. Learn how to best prevent COVID-19 spread with sexual partners within your home, drug use, household pets, and outdoor play for children.



Sex and COVID-19: Partners Within Your Home

Infographic from NASTAD on the different levels of risk for spreading COVID-19 with sexual partners within your home. Find information on having sex with a partner with a high-contact job, when you can have sex again after testing positive, informing sexual partners you have tested positive for COVID-19, and more.

Accessible from: https://www.ncsddc.org/wp-content/uploads/2020/07/Sex_COVID_InHome.pdf

People Who Use Substances: If You Are Quarantined or in Isolation

Harm reduction guidelines from the BC Centre for Disease Control for people who use substances, overdose prevention services and supervised consumption sites during COVID-19. Find details on practicing safer drug use to decrease transmission, accessing testing, responding to an overdose in the community, and workplace-specific information for overdose prevention personnel.

Accessible from: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations/people-who-use-substances>

Harm Reduction During COVID-19

Infographic from Toronto Public Health on harm reduction practices to prevent the spread of COVID-19. Includes information on maintaining proper hygiene, using a supervised consumption service, and administering naloxone.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/04/9484-COVID-19-Harm-Reduction-Infographic.pdf>

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>

COVID 19: Advice for People Who Use Drugs Leaflet

Leaflet from the International Network of People who Use Drugs (INPUD) on COVID-19 specific advice for people who use drugs. Find information on precautions for individuals who use drugs, COVID-19 prevention, how to safely prepare substances, and more.

Accessible from: <https://www.inpud.net/en/covid-19-advice-people-who-use-drugs-leaflet>

COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs

Guidance from the National Harm Reduction Coalition for people who use drugs during COVID-19. Find advice and tips on how to practice safer drug use, keep clean, stock up on supplies, and tips for community-based syringe services and harm reduction providers.

Accessible from: <https://harmreduction.org/blog/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>

COVID-19: Reduce Virus Spread

A page by the City of Toronto providing tips on how to reduce virus spread during COVID-19. Find out how to practice physical distancing, practice safer sex, ensure food safety, wear a face covering, safely perform CPR during COVID-19, and other advice for specific needs.

Accessible from: <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-reduce-virus-spread/>

COVID-19: Advice for Specific Needs

Information from the City of Toronto providing tailored health advice for those with specific needs during COVID-19. Find out how to prevent the spread of COVID-19 if you are a pet owner, a senior, use substances, communicate with the deaf or hard of hearing, co-parent in a shared custody agreement, and more.

Accessible from: <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-advice-for-those-with-unique-needs/>

Resources about COVID-19 Testing

Learn how to get a COVID-19 test in Canada, with information concerning if you should get tested, follow up instructions after testing, and what to do if you tested positive for COVID-19.



COVID-19 Self Isolation, Self Management, and Safety Advice Infographics

A collection of printable infographics available in multiple languages from Health Design Studio on navigating the COVID-19 pandemic. Find information on how to test for COVID-19, terminology differences, physical distancing in apartments, details on hospital visitation, mask usage, and other safety protocols.

Accessible from: <http://www.healthdesignstudio.ca/covid-19-printables.html>

Follow-up Instructions for Individuals Tested for COVID- 19 (English)

Follow-up instructions if you have been tested for COVID-19 from Toronto Public Health. Discover how you can access your results, isolation requirements based on your contact and travel history, and how to interpret negative or positive results.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/06/8fdc-Follow-up-Instructions-for-Individuals-Tested-for-COVID-19-Fact-Sheet.pdf>

COVID-19 Self Assessment: Should I Get Tested?

Self-assessment from the Ontario Ministry of Health to determine if testing is required if you were exposed to COVID-19 or have symptoms. Asks about your current symptoms, if you are a member of an at-risk group, contact exposure, and travel history.

Accessible from: <https://covid-19.ontario.ca/self-assessment/>

People Who Use Substances: If You Are Quarantined or in Isolation

Harm reduction guidelines from the BC Centre for Disease Control for people who use substances, overdose prevention services and supervised consumption sites during COVID-19. Find details on practicing safer drug use to decrease transmission, accessing testing, responding to an overdose in the community, and workplace-specific information for overdose prevention personnel.

Accessible from: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations/people-who-use-substances>

COVID-19: Self-Isolation and Return to Work

Resource from the Government of Ontario to help employers and employees understand COVID-19 self-isolation and return to work for non-healthcare workplaces.

Accessible from: <https://www.ontario.ca/page/covid-19-self-isolation-and-return-work>

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>

COVID Alert App

A page from the Government of Canada detailing how the COVID Alert app works and its relationship to public health. Find out how the app protects user privacy, how many people are using COVID Alert, and how the app uses a key system to anonymously inform others of a potential exposure.

Accessible from: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html>

Resources for Emergency Scenarios in Self-Isolation

Information regarding emergency preparedness in self-isolation, including performing CPR withhands only, how to respond to a drug overdose, administering naloxone, and other safety protocols.



COVID-19: Hands-Only CPR Guidelines

Guidance from the City of Toronto on how to perform CPR using only hands. CPR can be performed using this method if there is a risk of COVID-19 transmission.

Accessible from: <https://www.toronto.ca/community-people/public-safety-alerts/training-first-aid-courses/covid-19-public-hands-only-cpr-guidelines/>

COVID-19 Self Isolation, Self-Management, and Safety Advice Infographics

A collection of printable infographics available in multiple languages from Health Design Studio on navigating the COVID-19 pandemic. Find information on how to test for COVID-19, terminology differences, physical distancing in apartments, details on hospital visitation, mask usage, and other safety protocols.

Accessible from: <http://www.healthdesignstudio.ca/covid-19-printables.html>

People Who Use Substances: If You Are Quarantined or in Isolation

Harm reduction guidelines from the BC Centre for Disease Control for people who use substances, overdose prevention services and supervised consumption sites during COVID-19. Find details on practicing safer drug use to decrease transmission, accessing testing, responding to an overdose in the community, and workplace-specific information for overdose prevention personnel.

Accessible from: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations/people-who-use-substances>

Harm Reduction During COVID-19

Infographic from Toronto Public Health on harm reduction practices to prevent the spread of COVID-19. Includes information on maintaining proper hygiene, using a supervised consumption service, and administering naloxone.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/04/9484-COVID-19-Harm-Reduction-Infographic.pdf>

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>

COVID-19: Overdose Response Tips

Tips by the City of Toronto on how to safely help someone who may be overdosing during COVID-19.

Accessible from: <http://www.hivresourcesontario.ca/wp-content/uploads/2020/04/COVID19-Overdose-Response.pdf>

Return to Work

Resources on returning to work after a period of self-isolation. Learn when you can be around others again, how to effectively wear a mask in to prevent COVID-19 spread in the workplace, and find quarantine accommodation options for students.



Return to Work after Self-Isolation

Information from the City of Toronto on ending self-isolation and returning to work. Find information on testing, symptoms, and official clearance required for return to work.

Accessible from: <https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/covid-19-have-symptoms-or-been-exposed/?accordion=return-to-work>

COVID-19: Self-Isolation and Return to Work

Resource from the Government of Ontario to help employers and employees understand COVID-19 self-isolation and return to work for non-healthcare workplaces.

Accessible from: <https://www.ontario.ca/page/covid-19-self-isolation-and-return-to-work#:~:text=Workers%20can%20return%20to%20the,isolating%20for%20the%20full%20period.>

Video: COVID-19 & Getting Back to Work: Mask Safety Basics

Video from the Government of Ontario on safe mask-wearing upon return to work in six practical steps.

Accessible from: <https://www.youtube.com/watch?v=DcHNOcfU0k&feature=youtu.be>

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>

Paid Self-Isolation/Quarantine Accommodation Options for Students

A list from University of Toronto recommending potential accommodation, food delivery, and transportation options for campus community members required to self-isolate.

Accessible from: <https://studentlife.utoronto.ca/wp-content/uploads/Quarantine-Accommodation-Options.pdf>

French Resources

General resources on self-isolation in French. Find advice concerning how to self-isolate, who is a close contact, what to do if you have tested positive for COVID-19, follow up instructions after getting tested, and more.



Comment s'isoler pour la COVID-19/COVID-19 Self- Isolation Sheet (French)

Infographic from Health Design Studio detailing how to self-isolate from COVID-19, how to isolate while living in an apartment or condo building, and living with others while being sick.

Accessible from:

<https://docs.google.com/document/d/1AJgazmtThSaIFkGFdOunSgJxN7HfwFoZHtbCyapGcRY/edit>

Que faire si vous pensez être atteint de la COVID- 19?/What to Do If you have COVID-19 (French)

Infographic from Health Design Studio on what to do if you suspect you have COVID-19. Find information on what to do to feel better, and what to do if you begin to feel worse.

Accessible from: <https://docs.google.com/document/d/123MxtjoUaxbRC6Y-7TvsMVMSF2x8LeqtMRuBn6Gny-c/edit>

Comment s'auto-isoler/How to Self-Isolate (French)

Infographic from Public Health Ontario on how to self-isolate. Find guidance on how to stay at home, avoid contact with others, keep your distance, wash your hands, cover your coughs and sneezes, wear a mask over your nose and mouth, and more.

Accessible from: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=fr>

Qui Est Un Contact Proche?/Who Is a Close Contact? (French)

Visual from Toronto Public Health explaining who is, and who is not a close contact. This information can be used to identify persons who may have become exposed through contact with someone who has COVID-19.

Accessible from: https://www.toronto.ca/wp-content/uploads/2021/01/8dbd-Who-is-a-Close-Contact-Banner_French.pdf

Qui Est Un Contact Proche Au Travail?/Who Is a Close Contact at Work? (French)

Visual from Toronto Public Health explaining who is, and who is not a close contact in the workplace. This information can be used to identify coworkers who may have become exposed through contact with someone who has COVID-19.

Accessible from: https://www.toronto.ca/wp-content/uploads/2021/01/95bc-Who-is-a-Close-Contact-at-Work_French.pdf

Centre d'isolement volontaire de Toronto/Toronto Voluntary Isolation Centre Infographic (French)

An infographic from Toronto Public Health that is applicable if you or someone you live with has COVID-19, and you need a place to self-isolate. Provides information on accommodations at the centre, meals and snacks, and a hotline contact number to inquire further.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/12/94b1-Torontos-Voluntary-Isolation-Centre-NOV-Banner-French.pdf>

Ordre Aplicable À Des Catégories De COVID-19 Relatif À L'auto-isolement/COVID-19 Class Order for Self- Isolation Fact Sheet (French)

Find information on the Medical Officer of Health's COVID-19 Class Order directing people to stay home and self-isolate until they are not contagious with COVID-19.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/12/8d02-French-COVID-19-Class-Order-Fact-Sheet.pdf>

Instructions complémentaires pour les personnes testées pour la COVID-19/Follow-up Instructions for Individuals Tested for COVID-19 (French)

Follow-up instructions if you have been tested for COVID-19 from Toronto Public Health. Discover how you can access your results, isolation requirements based on your contact and travel history, and how to interpret negative or positive results.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/12/8c57-Instructions-for-Individuals-Tested-for-COVID-French.pdf>