

I need to take sick leave because I'm ill or self-isolating.

<p><i>Did you pay into Employment Insurance and did you work at least 600 hours in the last 52 weeks?</i></p>	<p>Yes</p>	<p>No</p>
	<p>Apply for EI Sickness Benefits</p> <p>Step 1: Ask your employer for a RECORD OF EMPLOYMENT.</p> <p>Step 2: Apply</p> <p>If you can apply online (computer or mobile phone) go to: https://srv270.hrdc-drhc.gc.ca/AW/introduction?GoCTemplateCulture=en-CA</p> <p>If you can't apply online, call 1-833-381-2755</p> <p>DO NOT GO TO A SERVICE CANADA OFFICE IF YOU ARE ILL</p> <p>Important to know:</p> <p><u>You DO NOT need a doctor's note</u> for COVID-19.</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). **SEE LINKS ON THE LAST PAGE</p> <p>You can ask your employer if they offer paid sick leave or will top-up the EI benefit.</p>	<p>Emergency Care Benefit</p> <p>Step 1: Get ready to apply</p> <p>If you can apply online (computer or mobile phone) go to and make sure you have a MyAccount with the Canada Revenue Agency: https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html</p> <p>If you can't apply online, there will be a dedicated 1-800 number you can call. Keep listening to the news or, in early April, call 1-800-O-Canada (1-800-622-6232).</p> <p>DO NOT GO TO A SERVICE CANADA OFFICE IF YOU ARE ILL</p> <p>Important to know:</p> <p><u>You DO NOT need a doctor's note</u> for COVID-19.</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). **SEE LINKS ON THE LAST PAGE</p> <p>If you have an employer, you can ask them if they offer paid sick leave or will top-up the new benefit.</p>
	<p>What you could receive:</p> <p>15 weeks of payments (directly into your bank account) worth up to 55% of your usual pay or \$573 per week, whichever is less.</p>	<p>What you could receive:</p> <p>15 weeks of payments (directly into your bank account) worth up to \$450 per week, but stay tuned for more details.*</p>
	<p>Find out more: https://www.canada.ca/en/services/benefits/ei/ei-sickness/apply.html</p>	<p>More information coming soon.*</p>

*We don't know the exact details yet because Parliament has to pass a new law to make this possible.

I can't work because I'm caring for someone who is sick.

<p><i>Did you pay into Employment Insurance and did you work at least 600 hours in the last 52 weeks?</i></p>	<p>Yes and I'm caring for someone who is critically ill</p>	<p>No</p>
	<p>Apply for EI Caregiver Benefits (if someone is critically ill)</p> <p>Step 1: Ask your employer for a RECORD OF EMPLOYMENT.</p> <p>Step 2: Apply</p> <p>If you can apply online (computer or mobile phone) go to: https://srv270.hrdc-drhc.gc.ca/AW/introduction?GoCTemplateCulture=en-CA</p> <p>If you can't apply online, call 1-833-381-2755</p> <p>DO NOT GO TO A SERVICE CANADA OFFICE IF YOU ARE ILL OR IN SELF-ISOLATION</p> <p>Important to know:</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). **SEE LINKS ON THE LAST PAGE</p> <p>You can ask your employer if they offer paid family leave or will top-up the EI benefit.</p>	<p>Emergency Care Benefit</p> <p>Step 1: Get ready to apply</p> <p>If you can apply online (computer or mobile phone) go to and make sure you have a MyAccount with the Canada Revenue Agency: https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html</p> <p>If you can't apply online, there will be a dedicated 1-800 number you can call. Keep listening to the news or, in early April, call 1-800-O-Canada (1-800-622-6232).</p> <p>DO NOT GO TO A SERVICE CANADA OFFICE IF YOU ARE ILL OR IN SELF-ISOLATION</p> <p>Important to know:</p> <p><u>You DO NOT need a doctor's note</u> for COVID-19.</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). **SEE LINKS ON THE LAST PAGE</p> <p>If you have an employer, you can ask them if they offer paid sick leave or will top-up the new benefit.</p>
	<p>What you could receive:</p> <p>Between 15 and 35 weeks of payments (directly into your bank account) worth up to 55% of your usual pay or \$573 per week, whichever is less.</p>	<p>What you could receive:</p> <p>15 weeks of payments (directly into your bank account) worth up to \$450 per week, but stay tuned for more details.*</p>
	<p>Find out more: https://www.canada.ca/en/services/benefits/ei/caregiving/apply.html</p>	<p>More information coming soon.*</p>

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I lost my job.

<p><i>Did you pay into Employment Insurance and do you work about 700 hours** in the last 52 weeks?</i></p>	<p>Yes</p>	<p>No</p>
	<p>Apply for EI Regular Benefits</p> <p>Step 1: Ask your employer for a RECORD OF EMPLOYMENT.</p> <p>Step 2: Apply</p> <p>If you can apply online (computer or mobile phone) go to: https://www.canada.ca/en/services/benefits/privacy-notice.html</p> <p>If you can't apply online, call 1-800-O-Canada (1-800-622-6232).</p> <p>DO NOT GO TO A SERVICE CANADA OFFICE IF YOU ARE ILL OR IN SELF-ISOLATION</p> <p>Important to know:</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). **SEE LINKS ON THE LAST PAGE</p>	<p>Emergency Support Benefit</p> <p>Step 1: Get ready to apply</p> <p>If you can apply online (computer or mobile phone) go to and make sure you have a MyAccount with the Canada Revenue Agency:</p> <p>https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html</p> <p>If you can't apply online, there will be a dedicated 1-800 number you can call. Keep listening to the news or, in early April, call 1-800-O-Canada (1-800-622-6232).</p> <p>DO NOT GO TO A SERVICE CANADA OFFICE IF YOU ARE ILL OR IN SELF-ISOLATION</p> <p>Important to know:</p> <p><u>You DO NOT need a doctor's note</u> for COVID-19.</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). **SEE LINKS ON THE LAST PAGE</p>
	<p>What you could receive:</p> <p>Between 14 and 45 weeks of payments (directly into your bank account) worth up to 55% of your pay in your last job or \$573 per week, whichever is less.</p>	<p>What you could receive:</p> <p>Stay tuned for more details.*</p>
	<p>Find out more: https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit.html</p>	<p>More information coming soon.*</p>

**The exact hours depends on where you live. If you have access to a computer or mobile phone, use this search tool to find out the rules where you live: https://srv129.services.gc.ca/ei_regions/eng/postalcode_search.aspx

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I am at home because my kids cannot go to school or daycare. I need money to make ends meet.

Make sure you're getting your Canada Child Benefit

In May, the federal government will automatically pay a lump sum top-up to your Canada Child Benefit (CCB).*

Step 1: Check your bank account to make sure that you're getting CCB.

If yes – you're all set. You'll be getting an extra payment with your CCB in May.

If no - Did you file a tax return for 2018?

Yes - If you have a computer or a mobile phone, you can also check to see if you are getting the benefit or

Apply to get the benefit here: <https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html>

No – Step 2: You need to file a tax return ASAP and then apply.

If you can file a return by yourself using a computer, look for free software certified by the Canada Revenue Agency: <https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/netfile-overview/certified-software-netfile-program.html>

After you file your return, if you still have computer or mobile access, apply for the CCB online at: <https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html>

If you need help to file your taxes, the agencies that do free income tax clinics are working to find ways to help without breaking public health orders on COVID-19. You can try contacting a clinic near you by searching online at: https://apps.cra-arc.gc.ca/ebci/ocv/external/prot/cli_srch_01_id.action or call 1-800-O-Canada (1-800-622-6232)

DO NOT GO TO A SERVICE CANADA OFFICE IF YOU ARE ILL OR IN SELF-ISOLATION

Important to know:

You can prove your identity faster online for tax-filing and applications for the CCB if you use online banking through your bank or credit union.

Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries).
**SEE LINKS ON THE LAST PAGE

You can ask your employer if they offer paid family leave or are considering the new federal wage subsidy to keep you on the payroll. Your employer can find out about that subsidy here: <https://www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html>

What you could receive:

Up to \$550 per month per child plus provincial amounts.**

Find out more: <https://www.canada.ca/en/services/benefits/ei/caregiving/apply.html>

If you aren't eligible for Employment Insurance, you might get the Emergency Care Benefit.

Step 1: Get ready to apply

If you can apply online (computer or mobile phone) go to and make sure you have a MyAccount with the Canada Revenue Agency:

<https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html>

If you can't apply online, there will be a dedicated 1-800 number you can call. Keep listening to the news or, in early April, call 1-800-O-Canada (1-800-622-6232).

DO NOT GO TO A SERVICE CANADA OFFICE IF YOU ARE ILL OR IN SELF-ISOLATION

Important to know:

You DO NOT need a doctor's note for COVID-19.

You can prove your identity faster online if you use online banking through your bank or credit union.

Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries).
**SEE LINKS ON THE LAST PAGE

If you have an employer, you can ask them if they offer paid family leave, will top-up the new benefit or will use the new federal wage subsidy to keep you on the payroll. Your employer can find out about that subsidy here: <https://www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html>

What you could receive:

15 weeks of payments (directly into your bank account) worth up to \$450 per week, but stay tuned for more details.*

More information coming soon.*

**The exact amount depends on which province or territory you live in and how many children you have. If you have access to a computer or mobile phone, use this online calculator to find out the amount for your family: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-family-benefits-calculator.html>

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I'm not sure that my employer is following the rules.

Do you work in any of the following? :

- A bank
- Air transportation including airlines and airports
- Telephone, cable or tv services
- Radio or TV
- Marine shipping or ports
- Rail or road transportation across provincial borders
- Other federally-regulated work:
<https://www.canada.ca/en/employment-social-development/programs/employment-equity/regulated-industries/apply-labour-standards.html>

If yes, you are likely covered by the federal labour code.

You can find out more about your rights here:
<https://www.canada.ca/en/employment-social-development/services/labour-standards/reports.html>

If you have more questions, call 1-800-O-Canada (1-800-622-6232)

If you work for another kind of employer, you should be covered by provincial or territorial rules. Check the links or call the toll-free numbers below for where you live:

Alberta: <https://www.alberta.ca/employment-standards.aspx> Phone: 1-877-427-3731

B.C.: <https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards> Phone: 1-833-236-3700

Manitoba: <https://www.gov.mb.ca/labour/standards/index.html> Phone: 1-800-821-4307

New Brunswick: https://www2.qnb.ca/content/qnb/en/departments/post-secondary_education_training_and_labour/People/content/EmploymentStandards.html Phone: 1-888-452-2687

Newfoundland and Labrador: <https://www.gov.nl.ca/aesl/labour/> Phone: 1-877-563-1063

N.W.T: <https://www.ece.gov.nt.ca/en/services/employment-standards> Phone: 1(888) 700-5707

Nova Scotia: <https://novascotia.ca/lae/employmentrights/> Phone: 1-888-315-0110

Nunavut: <http://nu-lsco.ca/> Phone: 1-877-806-8402

Ontario: <https://www.ontario.ca/page/ministry-labour-training-skills-development> Phone: 1-800-531-5551

P.E.I. : <https://www.princeedwardisland.ca/en> Phone: 1-800-333-4362

Québec: <https://www.cnt.gouv.qc.ca/en/accueil/index.html> Phone: 1 844 838-0808

Saskatchewan: <https://www.saskatchewan.ca/business/employment-standards> Phone: (306) 787-2438 **NOT TOLL-FREE

Yukon: <http://www.community.gov.yk.ca/es.html> Phone: 1-800-661-0408 local 5944