



Stay Safe and Flatten the Curve:

The best way to prevent the spread of COVID-19 is:

- Wash your hands often and avoid touching your face
- Cover your mouth when you cough or sneeze
- Stay home unless you are an essential service worker
- Practice physical distancing of 2m when outside or shopping

It is all of our responsibility to reduce the spread of the virus so that those who are most vulnerable are protected.

RESOURCES:

As the situation is changing daily. Please check these websites for the daily updates.

www.canada.ca/coronavirus

www.ontario.ca/coronavirus

www.toronto.ca/home/covid-19/

Additionally, some phone resources are available here:

- **Public Health Agency of Canada:** 1-833-784-4397
- **Telehealth Ontario:** 1-866-797-0000
- **Toronto Public Health:** 416-338-7600 (PublicHealth@toronto.ca)
- **311 Toronto:** 311 (Inside City limits), 416-392-2489 (Outside City limits)

EMPLOYMENT INSURANCE:

The Government of Canada will provide support to workers in quarantine or who have been directed to self-isolate who will claim Employment Insurance (EI) sickness benefits by waiving the mandatory one-week waiting period.

To find out if you are eligible during COVID-19 or for more information call 1-833-381-2725. Please be patient as there is an unprecedented volume of callers.

CANADA'S RESPONSE

TRAVEL ADVISORIES

The Government of Canada is continually assessing travel risks for Canadians. An official [global travel advisory](#) is in effect: Avoid all non-essential travel outside of Canada until further notice. All Canadians should return home as soon as possible

BORDER ISSUES

As of March 18, 2020, the Government of Canada will:

- ban foreign nationals from all countries except the United States from entering Canada;
- redirect international passenger flight arrivals to four airports (Vancouver, Toronto, Montreal, Calgary);
- prevent all travellers who present COVID-19 symptoms, regardless of their citizenship, from boarding international flights to Canada.

All travellers entering Canada are being asked to self-isolate for 14 days upon entry. All international arrivals are being screened by Canadian authorities.

Non-essential travel will cease between Canada and the United States.

For up to date border information call 1-800-461-9999.

Canadians Abroad

To help Canadians return home or cope with challenges they are facing while travelling, the Government of Canada has created the COVID-19 Emergency Loan Program for Canadians Abroad. The Program will provide the option of an emergency loan to Canadians in need of immediate financial assistance to return home.

Global Affairs Canada is providing 24/7 consular support to Canadians abroad affected by COVID-19 through the Emergency Watch and Response Centre and through consular staff at its network of missions.

Refer to travel.gc.ca to register as a traveller overseas.
Contact: sos@international.gc.ca or call the [nearest embassy or consulate](#).

COVID-19 RESPONSE FUND

The Government of Canada has established a COVID-19 Response Fund of more than **\$1 billion**. This includes:

- \$27 million for coronavirus research and \$275 million to help develop a vaccine;
- \$500 million additional funding to the Provinces and Territories;
- \$150 million to First Nations and Inuit communities;
- \$50 million for surgical masks, face shields and isolation gowns;
- \$50 million to the Public Health Agency of Canada for public education;
- \$50 million to the World Health Organization and partners.

The next page includes additional info on economic response plan.

The government is working with the private industry to procure and develop important resources.

SUPPORT FOR BUSINESSES

The Federal Government is stimulating the economy by activating the Business Credit Availability Program, making up to **\$10 billion available** to businesses facing a cash crunch over the short term, so that they don't have to lay off employees.

The Government of Canada is establishing a Business Credit Availability Program. This will allow more than \$10 billion of additional support to businesses. In this way, businesses will not need to lay off employees during this extraordinary time.

[Click here for more information.](#)

Our Constituency Office

In keeping with Public Health advice on COVID19 our office is closed to in-person visits.

Our office will continue to be fully operational by phone and by email. You can call us at 416-952-3990 or email carolyn.bennett@parl.gc.ca for assistance in any federal matter.



Canada's COVID-19 Economic Response Plan

\$27 Billion in Direct Support

Canada Child Benefit:

The Government will boost the successful CCB program to provide \$2 billion in extra support for Canadians.

The CCB will be increased by \$300 per child for the 2019-20 benefit year. Qualifying parents will receive this extra amount in their May payment.

Canada Emergency Response Benefit:

Will provide \$500 per week to Canadians who lose income during COVID-19. This is a streamlined benefit announced on March 25.

- Workers, including the self-employed, who are sick, quarantined, or who have been directed to self-isolate EI sickness benefits
- Workers, including the self-employed, who are taking care of a family member who is sick with COVID-19
- EI-eligible and non EI-eligible working parents who must stay home without pay
- Those who have lost their income during COVID-19.

Additional Supports:

- Provide additional assistance to individuals and families with a special top-up **payment under the GST credit.**
- Waive, for a minimum of 6 months, **the mandatory one-week waiting period** for EI sickness benefits.
- Waive **the requirement for a medical certificate** to access EI sickness benefits.
- Extend **the tax filing deadline** for individuals to June 1, and allow all taxpayers to defer, until after August 31, 2020, the payment of any income tax amounts.
- Provide **increased flexibility to lenders to defer mortgage payments** on homeowner government-insured mortgage loans.
- Implement a **6 month, interest-free, moratorium** on Canada Student Loans
- Provide **\$305 million for a new distinctions-based Indigenous Community Support Fund.**
- Provide an **additional \$157.5 million** to address the needs of Canadians experiencing homelessness through the Reaching Home program.
- Support women and children fleeing violence by **providing up to \$50 million** to women's shelters and sexual assault centres

Measures for Businesses:

- Allow all businesses to defer, until after August 31, 2020, the payment of any income tax amounts.
- Increase the credit available Canadian businesses.
- As announced on March 13, a new Business Credit Availability Program will provide more than \$10 billion of additional support to businesses.
- Provide eligible small businesses a **10% wage subsidy for the next 90 days**, up to a maximum of \$1,375 per employee and \$25,000 per employer.

The Government is ready to provide more capital through these financial Crown corporations:

- Further expand Export Development Canada's ability to provide support to domestic businesses.
- Provide flexibility on the Canada Account limit, to allow the Government to provide additional support to Canadian businesses.
- Augment credit available to farmers and the agri-food sector through Farm Credit Canada.
- Launch an Insured Mortgage Purchase Program to purchase up to \$50 billion of insured mortgage pools

For full details announced March 18: <https://www.canada.ca/en/department-finance/economic-response-plan.html>



Toronto-St. Paul's Community Resources

The Stop Community Food Centre

They will be shifting resources away from community programming and towards emergency food access Here is a schedule of their services:

- The Stop's Food Bank will run Mondays, Thursdays, and Fridays, 12pm-3pm.
- The Healthy Beginnings Food Bank will run Wednesdays, 12-1pm.
- Serve takeaway meals on Mondays, Tuesdays, Thursdays, and Fridays, 9am-10am for breakfast, 12pm-1pm for lunch.
- Community Advocates are able to provide information and referrals via phone. Monday-Friday 10am-2pm.

Location: 1884 Davenport Road, Toronto, ON M6N 4Y4

To contact: 416-652-7867 or <https://www.thestop.org/whats-on/1884-davenport/>

Canadian Red Cross

The Canadian Red Cross in Ontario offers an extensive network of programs and services. Visit <https://www.redcross.ca/> for more information on the types of services they offer.

To contact their Meals on Wheels Service directly, call (416) 236-3180, Monday to Friday 8:30AM to 4:30PM.

Toronto-St. Paul's Representatives

You can find information from our colleagues at other levels of government here:

- jillandrewmpp.ca
- joshmatlow.ca

Shelter Services

If you or someone you know is in need of shelter during this difficult time visit these resources:

- Call 311 or <https://www.toronto.ca/home/311-toronto-at-your-service/311-frequently-asked-questions/>
- Call 211 or <https://211ontario.ca/>
- Visit Canada.ca/coronavirus

Neighbourhood Champions

Looking after the most vulnerable has always been the strength of our Toronto-St.Pauls neighbourhoods. Please let us know what your neighbourhood is doing to help one another at **carolyn.bennett@parl.gc.ca**.

Gormley Avenue Residents

Residents on Gormley Avenue, in Deer Park near Yonge and St. Clair, have started COVID-19 Neighbourhood Watch. Several neighbours have joined together to look out for seniors on their street who might fall ill and need assistance to perform daily tasks such as shopping for food, refilling medications and other household essentials.

Local Businesses and Food

As many local businesses remain open as essential services, we encourage you to purchase food locally to support these businesses. **Be a neighbourhood champion** and order takeout from your favourite neighbourhood restaurants and buy your groceries at local markets or stores that remain open - but limit exposure and designate just one family member to do any necessary shopping.

Volunteer

The Stop Community Food Centre

You can help The Stop by donating items such as hand sanitizer, unused personal hygiene items, takeout containers with lids, certain food items, and monetary donations.

You can visit their website at <https://www.thestop.org/> to learn more about how you can help.

Assist Vulnerable Seniors in Toronto Community Housing

The team at UHN OpenLab, which is part of Toronto General Hospital, has been researching and designing solutions to support seniors. The team is in the midst of organizing a group of volunteers to provide assistance with simple pickups for seniors in designated Toronto Community Housing buildings.

Their Friendly Neighbour hotline for supporting seniors is: 1-855-581-9580 and is available in 180 languages.

You can learn more at <http://uhnopenlab.ca/>

To volunteer, please send an email to Tai Huynh at openlab@uhn.ca

SPRINT Senior Care's Meals on Wheels

Volunteers are the foundation of many of SPRINT Senior Care's services and we could not care for our seniors without support from over 300 volunteers annually.

Due to the impact of COVID-19, they anticipate being in need of more volunteers to help deliver Meals on Wheels.

Please contact Volunteer Services and Human Resources Department at 416-481-0669, ext. 8723, or volunteer@sprintseniorecare.org.

Visit www.sprintseniorecare.org to learn more about their services and programs.