

## COVID-19 Resources for Non-Status Women

### Health

- **Anyone, whether they have OHIP or other health insurance, can be tested or treated for COVID-19. You do not need insurance.**
- If you don't have access to a family doctor, nurse, or nurse practitioner you can call **Telehealth Ontario at 1-866-797-0000**
- Healthcare providers, medical clinics and hospitals **should not** share your personal health or contact information with Immigration Refugees and Citizenship Canada or the Canada Border Services Agency. [Find more information here.](#)
- Other medical needs? [Find more information here.](#)

### Workers' Rights

- **You cannot be fired for having COVID-19. Your employer cannot require you to get a doctor's note.**
- **Laid-off/fired/workplace permanently closes:** If your employer fires or lays you off, or if the workplace permanently closes, your employer may have to pay you termination pay, which could be a week or more worth of pay. [Find more information here.](#)
- **Decreased hours:** If your employer has decreased your hours, you should ask your employer to apply to the Workshare Program. [Find more information here.](#)
- **No child care:** You have a right to take time off to take care of your children. Talk with your employer. [Find more information here.](#)
- **Unsafe work:** If you are concerned about how your employer is handling your safety during COVID-19, you can make a complaint to the Ministry of Labour. [Find more information here.](#)
- **Medical conditions:** If you have a medical condition that makes you at a higher risk of getting COVID-19, your employer has to accommodate your needs. [Find more information here.](#)
- **Caring for a family member:** If you need to take time off to care for a family member who is sick or because you need to self-isolate because a family member is at high risk of getting sick, your employer has to try to accommodate you. [Find more information here.](#)
- **More questions about your rights as a worker during COVID-19?** Call the **Workers Action Centre** at 416-531-0778 (toll free: 1-855-531-0778) Mon-Thur 12pm-5pm

### Income Supports

- **Eligibility for the new Canada Emergency Response Benefit is not based on immigration status; however, you must have a valid Social Insurance Number (SIN). If you do not have a SIN, you may be able to get Ontario Works or the Ontario Emergency Assistance.**
- **Canada Emergency Response Benefit:** You must meet certain factors to qualify. [Find more information here.](#)

- **Ontario Emergency Assistance:** Emergency assistance helps people who are in a crisis or emergency situation. It covers needs such as food, rent, medicine, informal childcare, and other services. [Find more information here.](#)
- **Ontario Works (OW) or Ontario Disability Support Program (ODSP):**
  - **If you need to apply for OW,** you do not need a certain kind of immigration status to be able to get OW. However, you may not qualify if you're in Canada as a tourist or visitor. If you are currently under a removal order, there may be restrictions. It is best to speak with your local community legal clinic to find out if you qualify. [Find more information about qualifying here.](#)
  - **If you are already on ODSP or OW,** OW workers can give extra "discretionary benefits" to people getting assistance. You can access benefits through the OW program through online applications such as [MyBenefits](#), contacting your OW caseworker or online at [Ontario.ca/community](#). If you are on ODSP, you may also receive these benefits, contact your ODSP caseworker for more information. [Find more information here.](#)
- **Child Tax Benefit:** If your spouse has status in Canada, your family can receive the Child Tax Benefit. The May 2020 Canada Child Benefit (CCB) payment will be increased by up to \$300 per child, for one time only. [Find more information on CCB here.](#)
- [Find more emergency income supports here.](#)

### **Housing**

- **Landlord threatening eviction:** The Ontario government has stopped all evictions until the courts and tribunals reopen. Your landlord cannot evict you themselves and cannot change your locks. [Find more information here.](#)
- **Unable to pay rent:** If you cannot pay rent, speak to your landlord and try to agree to a payment plan. Your landlord cannot charge you any late fees or penalties. If you live in Toronto Community Housing and cannot pay rent, [find more information here.](#)
- **Housing Stabilization Fund:** Provides money for emergency housing needs to people receiving financial assistance through Ontario Works or income support through the Ontario Disability Support Program (ODSP) in the city of Toronto. [Find more information here.](#)

### **Immigration and Refugee**

- **All Immigration and Refugee Board (IRB) offices are closed.**
- **Immigration Refugees and Citizenship Canada (IRCC) has cancelled all in-person interviews until April 13, 2020.** [Find updates and more information here.](#)
- **IRB hearings:** All Immigration and Refugee Board (IRB) offices are closed. All in-person hearings are postponed until further notice. [Find updates and more information here.](#)
- **Deadline to file documents with IRCC:** IRCC officers are supposed to extend deadlines for information or documentation for permanent and temporary residence applications for 90 days. [Find updates and more information here.](#)

- **Removal:** Canada Border Services Agency (CBSA) has postponed many removals for three weeks. Talk to your lawyer. If your removal is going to happen, your lawyer might be able to apply to the Federal Court for a motion to stay your removal. This type of motion is an urgent matter that a judge can hear by teleconference.
- **Other immigration and refugee questions?** [Find more information here.](#)

### **Policing and CBSA**

- The Province is under a State of Emergency, and during this time, the police are enforcing physical distancing and have more powers.
- The police, certain municipal bylaw officers, campus officers, TTC and other transportation constables, community housing constables, public health officers, and others can require you to carry and produce identification with your correct name, date of birth, and address on request. If you do not provide identification, you can be fined. [Find more information here.](#)
- [Find information about your rights here.](#)

### **Food Resources**

- **For a quick resource of open food banks in Toronto,** [click here.](#)
- **The Red Cross Hamper Delivery Program:** If you reside in Toronto (M postal code) and cannot access grocery stores or community food programs such as food banks due to self-isolation or quarantine (70+, travelled outside of Canada, symptomatic, COVID positive); and you do not have any other options to secure food delivery (friends, family, availability of delivery services) call The Red Cross at 1 833 204 9952.
- **Pop-up Library turned Food Banks:** The North York Harvest ones listed (Albion, Don Mills, Jane/Sheppard) are appointment only, but the rest (Agincourt, Steeles, Kennedy, Cedarbrae, Eatonville, & Taylor (all Daily Bread)) are drop-in from 2-4 pm. No documents are needed – you will be asked for your birth date and the number of people in your household. A prepacked box will be served outside. [Find more information here.](#)

### **Other Resources**

- [City of Toronto COVID-19 Essential Service Map](#)
- **Health:**
  - **On COVID-19:** <https://www.toronto.ca/home/covid-19/>
  - <https://stepstojustice.ca/questions/immigration/i-need-see-doctor-about-something-other-covid-19-i-don%E2%80%99t-have-status>
- **Food:**
  - <https://schliferclinic.com/wp-content/uploads/2020/03/Food-Resources.pdf>
  - <https://211ontario.ca/211-topics/homelessness/free-low-cost-meals/>
  - <https://211ontario.ca/211-topics/food/>
- **Families:**
  - <https://211ontario.ca/211-topics/family-services/baby-items/>

- **Shelters and Transitional Housing:**
  - <https://211ontario.ca/211-topics/homelessness/homeless-shelters/>
  - <https://211ontario.ca/211-topics/abuse-assault/shelter-for-abused-women/>
  - <https://211ontario.ca/211-topics/housing/transitional-housing/>
- **Crisis:**
  - <https://schliferclinic.com/wp-content/uploads/2020/03/Crisis-Resources-1.pdf>
  - <https://211ontario.ca/211-topics/emergency-crisis/>
- **Legal:**
  - **Pro Bono Law Ontario:** [www.probonoontario.org/](http://www.probonoontario.org/) or +1 888-915-5912
  - **Legal Aid Ontario:** 1-800-668-8258
  - **Find your community legal clinic:** <https://www.legalaid.on.ca/legal-clinics/>
- **Migrants:**
  - **Migrant Rights Network:** <https://migrantrights.ca/>
  - **No One is Illegal:** <http://toronto.nooneisillegal.org/>
  - **Juntxs Comemos Juntxs:** [comemosjuntxs@gmail.com](mailto:comemosjuntxs@gmail.com)
  - **Migrant Workers Alliance for Change:** <https://migrantworkersalliance.org/>
  - **Butterfly (for migrant/Asian sex workers):** <https://www.butterflysw.org>

*Please note that the information and resources contained in this document are frequently changing. This resource page was last updated on April 22, 2020. If you have any suggestions of resources or information to be added or corrected, please contact Callandra Cochrane at [andmetoo@schliferclinic.com](mailto:andmetoo@schliferclinic.com)*