



Toronto North Local Immigration Partnership

COVID-19 Resources List

Important Note: This resources list contains information from reliable governmental and Non-governmental sources. As the situation evolves, the information rapidly changes. Therefore, please frequently visit the source websites for up-to-date information. We'll continue updating this list with new resources.

Please click on the [blue underlined text](#) to go to the source website.

Resources for Clients and Public

Please click on each hyperlinked text to go the source website.


City of Toronto – For City Information

1. [Toronto Public Health Advice](#) : protecting yourself, social distancing, symptoms and treatment
2. [City of Toronto COVID-19 Diagnostic and Assessment Centres](#) : List of diagnostic and assessment centres in Toronto
3. [Travel Advice](#): City of Toronto and Government of Canada Travel Advice and Statements.
4. [Financial Support for Individuals and Families](#): Extended period for income tax, utility bills, expenses and bills, banking solutions, federal programs and provincial programs

Ontario Ministry of Health and Long-term Care - For Provincial Information

1. [Self-Assessment Tool](#) : If you think you have coronavirus (COVID-19) symptoms or have been in close contact with someone who has it, use this self-assessment to help determine how to seek further care
2. [Guidance for You and Your Family to Stay Healthy](#)-Poster: Ministry of Health and Long-term Care
3. [COVID-19 Information Page](#): Protecting yourself, symptoms, treatment, list of public establishments closed, state of emergency, services and others.
4. [Public Health Ontario Fact Sheets](#): Fact Sheets on Self-Monitoring, Hand Washing, Cleaning and Disinfecting Public Places and Using Masks

Public Health Agency of Canada - For national information

1. [PHAC COVID-19 Website](#): National Updates, Travel Advice and others.
2. [COVID-19 Virtual Assistant](#): Automated Answers to Your COVID-19 Questions. Open the page and look for  icon at the bottom left corner of the page.

Mental Health:

1. [Coping with Stress During the COVID-19 Outbreak](#) : By World Health Organization.
Opening this document may alert you for potential harm to your computer. Open only if you trust World Health Organization Website.

2. [Helping Children Cope with COVID-19 Outbreak](#): By World Health Organization. *Opening this document may alert you for potential harm to your computer. Open only if you trust World Health Organization Website.*

Utilizing Your Time While at Home

1. [New Canadians Café](#): Online webinars various topics to best utilize your time at home – from boosting productivity when working from home to upskilling for that dream job, acing video interviews to virtual networking 101, and exploring Canada as a newcomer while staying indoors.

Resources for Settlement and Community Organizations:

1. [Screening Checklist](#): Developed by Ontario Government for Community Agencies to stay safe and healthy during provision of essential services. The checklist provides basic information and cannot be substitute for expert medical advice.
2. [Planning Guide for Community Agencies During Pandemic](#): Developed by Toronto Public Health for community agencies to identify issues and critical elements of emergency preparedness that organizations should consider in planning for a pandemic.
3. [Risk-informed Decision Making Matrix](#): For community agencies to make decision for mass gatherings during COVID-19 global outbreak
4. [Community-based measures to mitigate the spread of coronavirus disease \(COVID-19\) in Canada](#)
5. Posters and Signs for Public Posting:
 - a. [Handwashing](#)
 - b. [Self-Monitoring and Self-Isolation](#)
 - c. [Essential Services Screening Stop Sign](#)
6. [Ontario Essential Services List](#): The list includes essential services that remains open during the COVID-19 State of Emergency. Ontario Government announced closure of non-essential services.
7. [Ministry of Immigration, Refugees and Citizenship Canada](#): IRCC Services affected by COVID-19 and other related information.
8. [Ontario Council of Agencies Serving Immigrants](#): Announcements, Calls to Actions, Government Updates and other Resources
9. [Affected Toronto City Services](#): List of City of Toronto services that are closed and programs cancelled

Resources for the Health Sector Partners:

1. Ministry of Health and Long-term [Guidance for Primary Healthcare in a Community Setting and provision of virtual primary care](#).
2. Ministry of Health and Long-term Care ([MOH's COVID-19 site for the health sector](#)) for the case definition, guidance documents and signs for public posting.
3. Public Health Agency of Canada (PHAC) [Routine Practices and Additional Precautions for Preventing the Transmission of Infection in Healthcare Settings](#)
4. Toronto Public Health [COVID-19 Information for Health Professionals](#): Contains clinical information, Epidemiology and Surveillance, Vaccines, Treatment and Reporting and other.

Services During COVID-19 Pandemic

Primary Healthcare

1. [City of Toronto COVID-19 Diagnostic and Assessment Centres](#) : List of diagnostic and assessment centres in Toronto
2. [Services for Un-insured](#): Ontario enhanced healthcare coverage for those who does not present Ontario Health Insurance Plan (OHIP) during the COVID-19

Mental Health Services

1. [24/7 Emotional Support: City of Toronto Distress Centre](#)
2. [Kids Helpline](#): Emotional Support for Kids during COVID-19 Pandemic
3. [24/7 Crisis Support: Gerstein Crisis Centre](#)

Settlement and Community Development Services

1. [Settlement.org](#): Online information on implications of COVID-19 on settlement services. Information for Newcomers
2. [211: Online Searchable Database](#) for Community and Settlement Services. Updated regularly during the COVID-19 Outbreak
3. [Ministry of Immigration, Refugees and Citizenship Canada](#): IRCC Services affected by COVID-19 and other related information.
4. [Ontario Essential Services List](#): The list includes essential services that remains open during the COVID-19 State of Emergency. Ontario Government announced closure of non-essential services.
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Refugees

1. [Immigration and Refugee Board of Canada \(IRB\) Measures related to COVID-19](#)

Education

1. [Information on Schools Closure](#): Ontario Government announced closure of all schools until April 5th, 2020.
2. [Students learning at Home](#): Ontario Ministry of Education has created online resources for students to learn at home during school closure due to COVID-19
3. [Students Online Learning Resources](#): Toronto District School Board has online learning resources for students during the school closure due COVID-19
4. [Resources for Parents and Students](#): By Toronto Catholic District School Board

Housing and Shelter Support

1. [Shelter and Housing Support](#): City of Toronto
2. [Accessing Emergency Shelters](#): Central Intake 24/7 | 416-338-4766 or 1 (877) 338-3398
3. [Domestic and Sexual Abuse](#): Shelter support for victims of domestic violence and sexual abuse
4. [Shelters and Drop-in Centres for Women](#): intake and drop-in
5. [LGBTQ2S Youth Housing Help](#): For LGBTQ2S Youth Ages 16 to 29
6. [Electricity Relief to Families, Small Businesses and Farms During COVID-19](#)

Food Services

1. [Food Banks in Toronto](#): Up-to-date list and map on 211 website.
2. [Drop-In Centres, Free Meals, and Other Supports](#):

Law and Legal Services

1. [Updates on the law and legal services related COVID-19](#)

Scams Related to COVID-19:

1. [Beware of COVID-19 Scams](#):