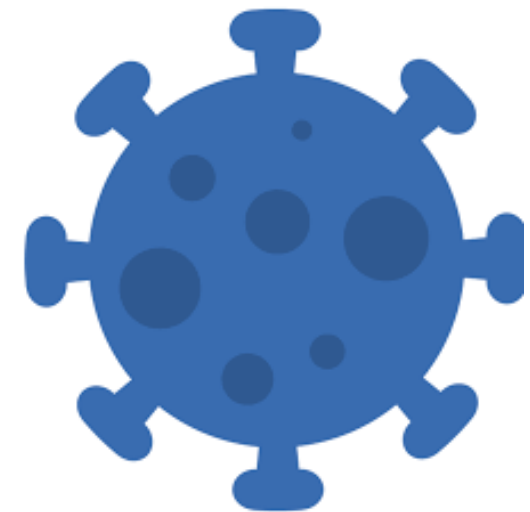


# COVID-19 EMERGENCY PLAN

## Stay Informed

- Get up to date information from Ottawa Public Health
- Ottawa Public Health Covid-19 helpline **613-580-6744**
- Remember to be COVID Wise



## Who Can I Call?

### Emergency contacts:

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

### Important health contacts:

My doctor's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Telehealth 1-866-797-0000

## Be Prepared

If you need to self-isolate, have a plan for food and grocery delivery (try to plan to have 3-5 days worth of supplies)

### Grocery/pharmacy delivery

- Call your grocery store or pharmacy to see if they deliver
- Instacart: [instacart.ca](https://www.instacart.ca)
- Bag Half Full: 819-635-5895 or <https://www.baghalffull.com/ottawa>

### Friend or family that can help pick up groceries:

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Do I have enough...

Food  Hygiene Supplies  Prescription Medication  Cleaning Supplies  Diapers

## When Should I Get Tested for Covid-19?

- If you have Covid-19 symptoms
- If you were exposed to a confirmed case
- If you were working where there is a Covid-19 outbreak
- If you have travelled to the UK or come in contact with someone who travelled to the UK

Covid-19 testing centres

Call to book an appointment

613-288-5353, 1485 Heron Rd

613-737-8193, 151 Brewer Way



# If I get Covid-19....

## Things I Need to do

- Stay home
- Self-isolate for 14 days
- Notify any household or close contacts from 2 days (48 hours) before you developed symptoms until when you started self-isolation
- All of your household contacts will need to self-isolate until a negative test result comes back

## Things I CAN'T do

- Don't visit public areas
- No walks
- Don't use public transportation
- Don't have visitors
- Don't go to school or work in person



## I am really not feeling well, what do I do?

- If you are in distress (significant trouble breathing, chest pain, fainting, or have a significant worsening of any chronic disease symptom), go to the nearest Emergency Department or Call 9-1-1
- Contact your doctor if your symptoms worsen or are not resolving

## Financial Resources

### Canada Recovery Sickness Benefit

\$500 per week for a maximum of two weeks for workers who are unable to work for at least 50% of the week because they contracted COVID-19, self-isolated for reasons related to COVID-19, or have underlying conditions, are undergoing treatments or have contracted other sicknesses that, in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority, would make them more susceptible to COVID-19.

### Canada Recovery Caregiving Benefit

\$500 per week (taxable, tax deducted at source) for up to 26 weeks per household for workers unable to work for at least 50% of the week because they must care for a child under the age of 12 or family member because schools, day-cares or care facilities are closed due to COVID-19, or because the child or family member is sick and/or required to quarantine or is at high risk of serious health implications because of COVID-19.

### How to Apply:

Call 1-800-959-2019, or  
Online with CRA My Account

## Community Resources

Contact South-East Ottawa CHC if you have questions about: practical supports, food, diapers, community resources  
613-737-5115 ext.2386

## Food Resources

If you are in need of emergency food while you are isolation, contact these organisations

Ottawa Food Bank: 613-745-7001

United Muslim Association: 613-686-6320

- <http://umo-og.ca/covid-19>

Operation Ramzieh:

- <https://operationramzieh.org/>

African Canadian Association: [covid19@acaottawa.com](mailto:covid19@acaottawa.com)

- <https://acaottawa.com/>

## Mental Health Resources

Ottawa Distress Centre: 613-238-3311

Counselling Connect: [counsellingconnect.org](http://counsellingconnect.org)

The Walk-In Counselling Clinic: 613-755-2277

