

Financial assistance



Did you lose your job or are you required to stay home because of COVID-19?

You may qualify for financial assistance from the Government of Canada.

You have COVID-19 or you're self-isolating

Canada Recovery Sickness Benefit (CRSB)

\$500/week
Maximum of 2 weeks

You can't work because you need to care for a child (0-12 years) or someone who has COVID-19

Canada Recovery Caregiving Benefit (CRCB)

\$500/week
Maximum of 26 weeks
For one person at the same address

You lost your job

Canada Recovery Benefit (CRB)

\$500/week
Maximum of 26 weeks

Conditions for receiving financial assistance from the Government of Canada:


- You've earned at least \$5,000 in the last 12 months.
- You're unable to work at all or more than 50% of a typical week.
- You're not receiving any other benefits from the government or your employer.

To submit your CRSB or CRCB application, you will need:

- Your social insurance number
- Your postal code

Submit your application:

 [Online](#)

 By phone:
1-800-959-2041 or 1-800-959-2019

If you need help submitting your application, refer to the details on the other side of this page.



You have rights as a worker during the COVID-19 pandemic

See details on the other side of this page.



When self-isolating, you must stay home.

For more from information, visit santemontreal.ca/coronavirus

Need help with your application?

Spanish	CSAI Leanna Molina 514-932-2953 ext. 115
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Punjabi	Siari Lakshmi Jaisimhan 514-738-4763
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Yiddish	Agence Ometz 514-734-1411
Tamil	Bienvenue à NDG Manisha Iyer 514-561-5850
Russian	Bienvenue à NDG Yuliya Strelnikova 514-561-5850



Your rights when self-isolating and upon return from work

Were you exposed to COVID-19 at work? Do you need to self-isolate because of COVID-19 or to take care of a loved one? Are you pregnant and afraid of catching COVID-19 at work? You have rights as a worker. Refer to the labour law sheet: santemontreal.ca/coronavirus.



Right to be reinstated at your job

- While you're away, your job is protected.
- You have the right to return to the position you held when you left.



Right to protective measures

- Employers must implement public health measures to limit the spread of the virus.
- They cannot force you to work in hazardous conditions.



Your immigration proceedings will not be affected if you exercise your rights. For more information, visit: santemontreal.ca/coronavirus.

Resources

Social and community resources: call 211. Information and reference services are available in more than 200 languages. You will be quickly directed to the appropriate community organization or service that will meet your needs.

Info-Santé and Info-Social: call 811
811 is a free, confidential telephone consultation service that is available 24/7.

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