



CVE Inc.

Your Vocational Rehabilitation Solution

COVID-19 Fact Sheet

Although this may be a challenging time, we at CVE Inc. are here to support you with your employment and any related items. We encourage you to keep in touch with us and to reach out if you require any assistance. If you are still working currently, thank you for continuing to support the economy as well as the community you live in. If you are interested in looking for work, now is a great time to find work to help support the economy and the community you live in as well as gaining experience and adding to your skill set. CVE can assist you in finding work to build your resume and experience, many industries are currently hiring including; grocery stores, warehouses, long term care and retirement homes. Even if the job does not match your long- term employment goal it will allow you to gain experience while also searching for work in the area of your long-term goal.

We have created this fact sheet to help you stay safe and healthy and to help educate you on the signs and symptoms of Covid-19. There are also tips on how to take care of your mental health during this time as that is important along with your physical health.

BENEFITS

CERB

Website: <https://www.canada.ca/en/services/benefits/ei/cerb-application.html>

- If you have stopped working because of COVID-19, the Canada Emergency Response Benefit (CERB) may provide you with temporary income support. The CERB provides \$500 a week for up to 16 weeks
- For all ODSP applicants and recipients, CERB payments are treated like employment income. The first \$200, and 50 per cent of each additional dollar received, is exempt.
- If you become financially ineligible for ODSP income support while receiving the CERB, you will not lose access to health benefits.
- Do not contact ODSP to apply for the CERB, please see website for eligibility and how to apply
- The CERB benefit is to be reported to CVE and ODSP as if it were income you were reporting
- It is recommended that you save a portion of your benefits (30%) in case you are taxed

ODSP Emergency Benefit

ODSP clients who have additional expenses related to the COVID-19 outbreak and who don't receive Canada Emergency Response Benefit (CERB) income (with some exceptions) are eligible for monthly payments of \$100 for a single person or \$200 for a family until July 2020. If you received this benefit in March or April and meet the eligibility criteria, you will automatically receive the benefit in May, June and July. For new requests, please email ODSP.EmergencyBenefit@ontario.ca or call 1-888-444-2412 with your name, member ID and your additional expenses.

KEY ODSP COVID 19 INFORMATION

- ODSP office hours are now **10 a.m. to 2 p.m. Monday to Friday with reduced staff**, please avoid going to an ODSP office unless asked to do so.

Head Office:

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Tel: 613-237-7368

TFT: 1-888-862-3825

Fax: 613-237-0950

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cve@cve.ca

www.cve.ca

- You will continue to receive your monthly ODSP payment. If you usually pick up payments from your ODSP office, you should contact the office for instructions.
- You do not need to drop off an income report in person. You may use the MyBenefits online service, mail, email, or call the office. Payments will not be suspended if the report is late.
- Payments for Special Diet Allowance, Mandatory Special Necessities or other recurring benefits expiring will be extended and a new form is not required

SYMPTOMS

Symptoms have included:

- cough
- fever
- difficulty breathing
- pneumonia in both lungs

If you are experiencing a fever, persistent cough or difficulty breathing, immediately contact Telehealth Ontario at 1-866-797-0000 or use the [online self-assessment tool](#).

PREVENTING CORONAVIRUS

Website: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html>

Canadians should continue to think ahead about the actions that they can take to stay healthy and prevent the spread of COVID-19 in Canada. This includes:

- Staying at home as much as possible
- Being prepared in case you or a family member becomes ill
- Everyone should be practising physical (social) distancing. Even if you do not have symptoms of COVID-19, you could become infected by others.

In an effort to prevent the spread of COVID-19 within communities and across the country, all Canadians are advised to:

- stay at home unless you have to go to work
- talk to your employer about working at home if possible
- avoid all non-essential trips in your community
- do not gather in groups
- limit contact with people at higher risk, such as older adults and those in poor health
- go outside to exercise but stay close to home
- if you leave your home, always keep a distance of at least 2 arms lengths (approximately 2 metres) from others
- household contacts (people you live with) do not need to distance from each other unless they are sick or have travelled in the last 14 days

You can go for a walk if you:

- have not been diagnosed with COVID-19
- do not have symptoms of COVID-19
- have not travelled outside of Canada in the past 14 days
- are not in quarantine (self-isolating)
- are not isolating

If you go out for a walk, do not congregate and always practise physical (social) distancing by keeping at least 2 metres apart from others at all times.

Physical (Social) Distancing

Physical (social) distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. This means making changes in your everyday routines to minimize close contact with others, including:

- avoiding crowded places and non-essential gatherings
- avoiding common greetings, such as handshakes
- limiting contact with people at higher risk like older adults and those in poor health
- keeping a distance of at least 2 arms-length (approximately 2 metres) from others

Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food (refer to image at end of this document)
- use alcohol-based hand sanitizer if soap and water are not available

When Coughing or Sneezing

- cough or sneeze into a tissue or the bend of your arm, not your hand
- dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
- avoid touching your eyes, nose, or mouth with unwashed hands

Cleaning

Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions.

Health Canada recommends cleaning high-touch surfaces often, using either regular household cleaners or diluted bleach. This bleach solution should be prepared according to the instructions on the label or in a ratio of 1 teaspoon (5 mL) per cup (250 mL). Directions are based on bleach that is 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution.

These surfaces include:

- toys

- toilets
- phones
- electronics
- door handles
- bedside tables
- television remotes

Wearing Masks or Face Coverings

Medical masks, including surgical, medical procedure face masks and respirators (like N95 masks), must be kept for health care workers and others providing direct care to COVID-19 patients.

Wearing a non-medical mask or face covering while out in public is optional. If you do choose to wear one, refer to our guidelines on wearing non-medical masks and how to make your own.

Masks alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical (social) distancing.

Managing Mental Health During Covid-19

In the wake of COVID-19, Canadians are facing a new reality of social (physical) distancing, self-quarantining and isolation in order to protect public health and safety. These new circumstances may lead individuals with mental health concerns into heightened symptoms of anxiety and depression.

In what may be a difficult time for many, the Canadian Mental Health Association (CMHA) is offering some basic tips to help people remain calm and balanced as this public health situation unfolds.

Tips:

- Considering the level of attention and seriousness being paid to COVID-19, it's normal to feel anxious. Try not to avoid, ignore or suppress anxious thoughts. Instead, be aware of your anxiety and accept that you're feeling anxious in this situation. Try to keep things in perspective; notice and challenge your thoughts that may be extreme or unhelpful.
- Self-care is critically important at this time, as worries can be made worse if we aren't taking care of ourselves. Lean on social supports, try to get enough sleep, eat healthy, exercise and engage in enjoyable activities. Do the things you would typically do to support your health, and be sure to use caution and follow health and safety guidelines while doing them.
- Seek information from reliable news sources only. Limit checking in on the latest news to short, defined periods, and refrain from setting related push notifications on your device. Appropriate information consumption may be calming and can lessen the sense of danger.
- Take the recommended precautions as outlined by Health Canada and other credible health agencies. Remain focused on the factors within your control, such as washing hands, covering

your mouth during coughs and sneezes, avoiding non-essential travel, etc.

- If you're noticing that your symptoms of anxiety (in association with COVID-19 or otherwise) are causing you significant distress or are interfering with your ability to function normally, reach out for formal mental health supports from a recognized agency, such as CMHA.

CMHA Ontario and branches around the province provide programs and services to support your mental wellness, such as [BounceBack](#), walk-in counselling, information on stress management, and much more. Learn more and find a local branch at ontario.cmha.ca.

Hand Washing

 <p>1. Wet hands.</p>	 <p>2. Apply soap.</p>	 <p>3. Lather for 15 seconds. Rub between fingers, back of hands, fingertips, under nails.</p>
 <p>4. Rinse well under running water.</p>	 <p>5. Dry hands well with paper towel or hot air blower.</p>	 <p>6. Turn taps off with paper towel, if available.</p>

Stop the Spread of Germs