

IMPORTANT PANDEMIC INFORMATION UPDATE



April 6, 2020

Important Information

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Message from Public Works:

We will have various contractors within the community. Here is the list of the current contractors:

1. Mott Electric
2. First Choice
3. Carpet/ Flooring
4. Brilliant Cabinets
5. Canuck Roofing
6. Universal Sprinkler



Tsleil-Waututh Nation

səlilwətał



Attention TWN Community,

Effective immediately, Tsleil-Waututh Chief and Council is closing our community to all visitors. This is to ensure that we can protect our most vulnerable members.

This means, **no one in your home that does not live with you**. Signs have gone up at our entrances to ensure the public is aware. Please help by ensuring you **do not** invite guests from outside the community or even your family down the street to visit you.

What you can do to stay connected in the meantime:

- Skype
- Call/ text
- Facetime
- Social media connection

You can still get grocery and food delivery or a ride to work. Practice safe food delivery by not having direct contact with those that deliver. Do not let them into your home to minimize contact with you and surfaces in your home.

These directions could change as we get more information from public health officials. We appreciate that the TWN community is staying strong and following these rules at this time. The priority is to keep all of our members are safe.

For more information on COVID-19 visit our website at www.twnation.ca. We also post regularly on the TWNation Facebook group.

If you have any questions, contact communications@twnation.ca or 604-929-3454.



Tsleil-Waututh Nation səlilwətał



Good day Tsleil-Waututh Nation Community,

As you are aware, we have posted sings about **No Visitors** in our community, Chief and Council wants to make sure that we all remain safe, here is a list of people/ business that are allowed within the TWN Community.

For all of these, we are communicating that we all practice social and physical distancing for the safety of our community.

- Food and Grocery Delivery
 - Uber eats
 - Skip the dishes
- Mail Delivery
- Contractors
- All TWN Staff

Please remain to practice social distancing, and not inviting anyone into our community or going to other families houses.

If you have any questions, email communications@twantion.ca or call 604-929-3454

Over the last few days we have been told that what we are doing is working. We have been told to keep up with physical distancing, and that this is not a sprint but a long-distance race.

Our public health officials are cautiously optimistic that the measures in place are starting to “flatten the curve”. Tsleil-Waututh Nation’s slogan goes beyond “flatten the curve”, however. Our slogan is “Let our number be zero!”.

To achieve that we need to continue to practice physical distancing, refrain from gatherings and family visits, go only out for essentials and to exercise, wash our hands frequently, and not touch our face.

With the pandemic escalating here in BC and all around us, we all need to continue to work together to protect each other, especially our Elders and people who are vulnerable. Everyone has a role to play. Together apart!

Let our numbers be zero!

Overview

COVID19 represents a serious health threat to our community. The most important things you can do to protect yourself and each other, are:

- **Stay home**
- **Only go out for essential groceries and to exercise**
- **Wash your hands often**
- **Cough or sneeze into your elbow or a tissue**
- **Protect our Elders and vulnerable people**
- **Self-isolate if you are sick or returning back from outside of Canada**

You can find illustrated resources on the TWN website at <https://twnation.ca/about/twn-faq-covid19/> if you still need more details.

This package focuses on other things we can do to support each other during this time, things like developing a routine, self-care, and activities to keep us busy, creative and calm.

Develop a routine. With workplaces and schools shut down we are all missing our regular routine. Developing a new routine and sticking to it can provide structure and gives us a sense of being in control. As much as possible, stick to regular meal times, work, school, meal, and exercise schedules.

Try not to have the news on all day. It is best not to have the news on while kids are in the room as it can increase their fear and anxiety (and yours!). If they do listen to the news, talk together about what they are hearing and correct any misinformation or rumors you may hear.

Be creative. Ever wanted to learn how to knit, make bread, cook meals from scratch, draw, read more, learn how to sing, or play an instrument. Well, this may be the perfect time to start a new hobby. Don't know where to start? Try YouTube tutorials or online books from the library. Try beading, weaving, making a drum, or working with cedar bark. To get you motivated, TWN created a social media contest for all ages. Check the TWN Facebook page for details.

Exercise. Moving our bodies helps us with anxiety and improves our sleep. If you need structure and guidance you can use one of the countless exercise videos on YouTube or other websites. If you are competitive, you can join virtual challenges on platforms like Strava or Endomondo. And if that all sounds too high-tech, a simple walk or run might suit your needs.

Practice good sleep hygiene. The anxiety and state of alertness during this pandemic might affect your sleep. Your sleep might be more restful if you exercise in the morning or afternoon and use the evening hours to wind down and engage in calming activities, like reading, or yoga. Avoid late eating or screen time.

Important Links and Numbers

BC Nurses Health Line: 811

Emergency: 911

TWN Helping House: 604-929-4133

Sibylle Tinsel (Community Health Nurse): 604-353-5314

Calvin Hunt (Grocery Delivery): 778-228-8471

COVID Information Line: 1-888-COVID19

- Staffed from 7:30 to 8:00pm seven days a week
- Service providers at the new phone line will help answer questions about travel recommendations, social distancing, and what kinds of support, resources and assistance are available from the provincial and federal governments.

Kuu-Us Crisis Line: <https://www.kuu-uscrisisline.ca/>

TWN COVID FAQ's and Updates:

<https://twnation.ca/about/twn-faq-covid19/>

BC Centre for Disease Control:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

BCCDC Common Questions:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/common-questions>

BCCDC Self Assessment Tool: <https://covid19.thrive.health/>



First Nations Health Authority
Health through wellness

Staying Connected during the Pandemic

Drawing on Indigenous Strengths to Stay Connected and Well

The current COVID-19 pandemic may remind us of past stories or activate blood memories of relatives impacted by colonization and intergenerational trauma. Some of our relatives may have been deliberately exposed to infectious disease or experienced inadequate health care and health resources.

In First Nations culture, we have traditionally supported each other by sharing stress collectively. We often carry the stress of relatives in our bodies, so that they do not need to carry their stresses alone. Through connecting this way, we thrive in the best of times and survive in the worst of times. Sharing stress collectively also means we may experience increased feelings of fear, worry, anger, shame and other challenging emotions.

For support, we can lean into our cultural strengths, knowing that First Nations in BC have a long history of resilience. We have traditions and practices that ground us in the present and keep us well – spiritually, mentally, physically and emotionally.

Our holistic practices can help ease feelings of personal, collective, and inter-generational stress during the pandemic. Taking care of our wellness will calm us while we fulfill critical roles within our families and communities.

We have many cultural strengths to draw upon to stay connected and keep well, even while we practice social distancing. Here are a few ideas:

- **Support those around you** – Call an Elder or a young person every day to check in. Send an email or text to a loved one. Make a video call so people know you are thinking of them.
- **Get out on the land and reconnect with nature** – Harvest traditional medicines and foods. Take a walk. Get out on the water.
- **Seek wisdom from knowledge keepers and traditional healers** – Learn about traditional healing practices and medicines. Many of our medicines strengthen and cleanse our bodies and minds. Note that there are no cures for COVID-19 at this time. Many of our knowledge keepers and traditional healers are available online and by telephone.
- **Prioritize your wellness** and focus your energy by using prayer, meditation, daily affirmations and mantras such as 'I am resilient'.
- **Embrace this time to spend with your children** – In traditional education and child-rearing practice, we taught our children daily about our history, culture, language, and life skills. We learned as families.

Spending time with children - here are some ideas:

- **Build structure into your days at home.** Both children and caregivers do better with a routine. Try to build in quiet-time activities children can do in the same room as you. Also, block off periods of time for physical activity or time outdoors. Remember that young children are not able to sit quietly for long periods of time.
- **Tell stories.** Share your knowledge about your culture, call an Elder who will tell stories, or read to your children.
- **Learn and share traditional knowledge.** Learn outdoor survival skills. Share what you know about the plants, animals and land around you. Learn and practice ways to harvest, prepare, and preserve traditional foods – and involve your kids in this process.
- **Incorporate ceremony.** Smudge every morning, do sunrise ceremony, and check in with others to reaffirm your love and relationships.
- **Kind words and thoughtful gestures help.** Use non-physical ways to show love to people while practicing social distancing.
- **Practice your traditional songs and language.** Visit www.firstvoices.com for online language resources.
- **Integrate life skills.** Teach young ones how to do daily household chores, cooking, cleaning and yardwork. You could even learn to garden as a family.
- **Play!** Children learn so much through play and are especially happy when their parents and caregivers join in the fun.
- **Model self-awareness and mindfulness.** Scan your body and name where you are carrying your feelings. Then set unhelpful feelings down into the land.

"The land – forests, mountains, earth and water – has informed all of our cultural and ceremonial practices. The land defines our identities and relationships with it. It has capacity to hold safely much more than we can hold as human beings alone. We can offer what we cannot hold, or what does not belong to us, to the land to take care of."

Confidential, Culturally Safe Support:

KUU-US Indigenous Crisis Phone Line:
1-800-558-8717

Hope for Wellness Indigenous Online Chat:
www.hopeforwellness.ca

Telephone-based Health and Cultural Support:

Indian Residential School Survivors Society:
604-985-4465 or toll free 1-800-721-0066

Tsow-Tun-Le-Lum:
1-250-268-2463

For more information and resources, visit www.fnha.ca/coronavirus

First Nation Run Treatment Centre Current State

Treatment & Healing Centre	Outpatient Support & Services	How to Access Services
Round Lake Treatment Centre	Residential Programming	Send Applications to: intake@roundlake.bc.ca
Gya'waa'Tlaab House of Purification	Delivering residential Programming (3 client intakes) and virtual counselling via Skype	Send applications to: intake@gyawatlaab.ca
'Namgis Treatment Centre	Delivering 24 hour on-call mental health counselling for community members	Call: 250-974-8015 Email applications to: mary.hunt@namgis.bc.ca
Nenqayni Wellness Centre	Delivering on-call mental health counselling for community members and former clients	Call: 250-989-0301 Email applications to: jevans@nenqayni.com
North Wind Wellness Centre	Delivering cultural and emotional counselling through telephone	1. Call 250-843-6977 (1-888-698-4333) 2. Leave a voicemail describing if you are looking to connect with the Resident Elder or Counsellor (resident Elder returns calls on Tuesday and Thursdays) Email applications to: intake@northwindwc.ca
Carrier Sekani Family Services	Delivering individual and group sessions, cultural counselling, and outreach services through telephone, FaceTime, Zoom, and Telehealth	Call 250-567-2900 and ask for an ARP Team member or email Renee John at rjohn@csfs.org .
Telmexw Awtexw — Sts'ailes	Delivering 1:1 counselling sessions via telephone	Call: 604-796-9829 Email applications to: Sara.Kinshella@stsailles.com
Tsow Tun Le Lum	Delivering emotional and cultural supports through telephone and FaceTime	Local: 250-268-2463 / Toll Free: 1-888-590-3123 Email applications to: d_intake@tsowtunlelum.org or trauma_intake@tsowtunlelum.org
Wilp Si'Satxw Healing Centre	Delivering telephone counselling for community members	Call Darlene Green 778-202-0162 or Robert Ryan 778-202-1349 to be directed to a counsellor Email applications to: v.williams@wilpchc.ca
Kackaamin Family Development Centre	Closed	Email applications to: jenni.c@kackaamin.org



First Nations Health Authority
Health through wellness

Keeping Kids Active during the Pandemic

Fun and Interactive Indoor Activities

Aboriginal Head Start On-Reserve recognizes and affirms that culture and language are the fundamental part of a child's development and reflect the uniqueness of our First Nations communities as we take into account the emotional, social, spiritual, physical and intellectual needs of its children. Our six key components include: (1) culture and language, (2) education, (3) health promotion, (4) nutrition, (5) parent and family involvement, and (6) social support.

Please consider safely using the following activities with adult supervision. Depending upon the age group, you may want to consider how you use the following examples and what materials are safe and hazardous free. For example: avoid small material items that could cause choking; avoid the use of items which are sharp, unclean and/ or unsanitary.

ACTIVE PLAY

Consider how physical activity can be incorporated into your child's daily activities. Climbing stairs, hopping, skipping, jumping, running, throwing and catching a ball are great ways to get physical! Include balancing on one foot, locomotion (moving from one place to another), and co-ordination (hand-eye or foot-eye co-ordination). Consider ways to make it fun like a sports day, make ribbons or map out the activities.

BUILD A FORT

Use blankets, sheets etc. to build a fort. Some children like to add items to the fort such as flashlights, teddy bears, pillows, music etc. To add to the fun you could have a picnic or share snacks in the fort.

GOING ON A BEAR HUNT

This is a fun game to play with children. You can call out the following and children will follow your lead. "Let's go on a bear hunt, are you ready, here we go" you can slap your hands on your lap as you add to the story. For example "Oh Look! I see a forest, we can't go around it, we can't go under it, let's go through it!" Use your feet to show how you walk through the forest.

You can then add items such as going over a mountain, through a stream, a swamp or over/under the bridge.

The highlight is "Going into the Cave...the dark, cold cave...." This is when children get really excited. "Better use my flashlight, oh no its not working!" "Oh what's that, its big, its furry.....It's a Bear!!!" Then repeat all the things you did as you go all the way back home.

You can add feeling to the walk such as going through the forest. "Brrrr.....its cold" as you use your hands on your arms to show the cold air. Some children may say we forgot our coat or boots- show how you will put on your coat or boots, zip zippers etc. Add soft foot steps to show how we walk softly amongst the forest ground.

Children enjoy drawing pictures after their experience on a Bear Hunt.

We're Going on a Bear Hunt | A Cosmic Kids Yoga Adventure!

<https://www.youtube.com/watch?v=KAT5NiWHFIU>

I SPY

A player will find an object, item or identify letters from a-z for the other player to guess. Take turns to guess items and say "I spy with my little eye.....something that is the color Red." The player will guess what items are the color red and once find it they take the next turn. Make it fun for the player such as "Brown Bear, Brown Bear what do you see?"

PUZZLES

Exercise those creative, cognitive and problem-solving muscles with a good puzzle. Have your child draw a picture on a cardboard or paper. Then use a felt or pencil to outline puzzle pieces directly on their drawing. Cut out the pieces with a pair of scissors, mix them up and get solving!

<https://www.diyncrafts.com/42896/home/parenting/15-easy-diy-kids-puzzles-that-are-fun-to-make-and-play-with>

FREEZE GAME

Have players freeze in specific poses: animals, shapes, letters or Fun Yoga Poses such as Frog, cow or turtle.

Then you could guess what the pose is or have them try another one.

Sun Salutations & Yoga with Animals

- Yoga for kids

<https://www.youtube.com/watch?v=8oGR5xucItI>



HIDE AND SEEK

One person covers his or her eyes and counts aloud while the other players hide. When the person is finished counting- he or she begins looking for the hiders. The last hider to be found is then next to count.

TREASURE HUNTS

Draw some clues on some pieces of paper — have fun with this and get creative. Put the first clue somewhere easy to find. Then leave as many clues as you like, making a trail to the final clue. Instead of a prize, the treasure hunt can lead to something special such as a hug, high five or special time together.

SIMON SAYS

Choose one player to play the role of “Simon”. The rest of the players will gather in a circle or line in front of Simon as she/he calls out actions starting with the phrase “Simon says”: “Simon says...touch your toes.” The players then have to copy Simon’s action, touching their toes. If Simon calls out an action without uttering the phrase “Simon says,” the players must not do the action. If a child touches his toes when Simon didn’t say..., he or she is out of the game.

WHAT’S INSIDE THE BOX?

Use an empty box or a container that you can place items into. You could cover it with a towel or with colored paper to make it challenging for others to guess. Have one player place items such fabric, nature items, toy etc. for other to guess. To make it fun you can place a blind hold over a players eyes so they cannot see what is in the box. Allow the player to feel the item as they try to guess what’s inside the box.

MY MASTERPIECE-COLLAGAGE

Children enjoy creating their very own masterpiece! You can have them create this on an old plate, cookie sheet or piece of cardboard. Items in the home that are no longer of use are a great way for them to use their imagination and creativity skills. Items such as old shoe box, gift wrap, gift box, old tins, cotton, fabrics, berry baskets, yarn, buttons, craft paper, felts, crayons etc. You could add items from outside such as bark, sticks, and rocks. If you
This is a great opportunity to share weaving/crafting skills

CREATE A PUPPET

Take a clean gently used sock to create a puppet. This is a great way to share a story, have a puppet show, play a guessing game and have fun with. Use felts to create eyes and a mouth, if you have old buttons or yarn, you could attach to create eyes, or hair for your puppet.



MAKE PLAYDOUGH - Ingredients

- 2 cups all-purpose flour
- 3/4 cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 Tablespoons of vegetable oil (coconut oil works too)
- Food coloring, optional
- Quart sized bag

Stir together the flour, salt and cream of tartar in a large pot. Next add the water and oil. If you're only making one color, add in the color now as well. Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat and then place inside a gallon sized bag or onto wax paper. Allow to cool slightly and then knead until smooth. If you're adding colors after, divide the dough into balls (for how many colors you want) and then add the dough into the quart sized bags. Start with about 5 drops of color and add more to brighten it. Knead the dough, while inside the bag so it doesn't stain your hands. Once it's all mixed together you're ready to PLAY. Store the play dough inside the bags once done to keep soft. Keeps for up to 3 months. Use safe house hold items such as butter knives, cookie cutters and other fun items to create and explore with.

****How to playdough without Cream of Tartar and absolutely no cooking! Follow the below link for step by step instructions.***

Ingredients:

- 4 cups of flour
- 1 1/2 cups salt
- 2 tbsp oil
- 1 cup warm water
- Food coloring

How to Make Playdough WITHOUT Cream of Tartar and No Cook!

<https://www.youtube.com/watch?v=C2ytbSa3mPg>

BALANCING GAME

Need a small object such as a pencil, eraser — or similar object to place on head. Play music as each child walks around balancing the object on their head. If the object falls off the child is frozen until another comes and places the object back on the head. Everyone stops and resets their object when the music stops. Game starts over when the music again starts.

MEMORY GAME

Hide up to five items under a small dish cloth. Lift up the cloth and allow the children to remember what is there. After a few moments cover the items with the cloth and slowly hide/ take away one item. Then lift the cloth up and have them guess what was taken away. This is a great way to guess colors, objects and/or names.

Importance of Balance, Structure and Routines

Children thrive with structure, it's imperative that we continue a daily routine. Roles and responsibilities guide children in understanding how to follow basic instruction and sense of organization, stability, and comfort. This also assists them in developing healthy, positive behavior and a sense of personal control. Routines not only have emotional benefits but health benefits as well!

CBC NEWS

As many schools and workplaces shut down, families, individuals and communities are heading out to the land to put cultural teachings into practice and as a way to keep each other safe through social distancing. For some, this has meant taking time to teach younger generations and community members how to harvest medicines, emphasizing the importance of passing on intergenerational knowledge at a time when there's heightened concern for the health and well-being of elders.

[COVID-19 concerns, closures have families and communities heading out on the land](#)

MEAL TIME

Sharing a family meal together. Have children assist you in setting the table, the preparation of the meal and clean up time. Children love to be helpers and enjoy taking on the role during this time. Take turns speaking about what you were grateful for on this day, what made you laugh or what you learnt in the day.

PRAYER AND TIME FOR HONORING

Consider early morning and/or sunset prayers with your children.

"Creator we thank you for this day, for our loved ones, the land, the water, and the animals."

BED TIME

Practice a regular routine for bedtime. Perhaps having a bath, brushing your teeth, washing your hands and face or reading a book together will assist children in resting well for the night.

OTHER HELPFUL LINKS

Digital Books

Check out your local Public Library as they have online digital books. For example: Vancouver Public Library (VPL): <https://www.vpl.ca/digitallibrary>

Build up your language skills and check out the games on the First Voices website.

<https://www.firstvoices.com/>

50 Ways to Keep Kids Engaged at Home during the Coronavirus Shutdown.

<https://www.iamightygirl.com/blog?p=29196>

How to talk to your children about Coronavirus.

<https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>



9 Tips for: Helping Your Kids Deal With Their Stress Around COVID-19

News about COVID-19 is everywhere, and it can be especially scary for children. Here are some tips that can help you help your kids feel safe and secure:

1. Let them know they are safe

Let your children know you and other adults are doing everything you can to keep them safe. In simple language, let them know that most people won't get sick from the virus; and that most who do, especially children, will get only mild or moderate symptoms.

2. Don't be afraid to talk about the virus

Not talking about something might actually make children worry more. Ask them what they already know about the virus and how they are feeling. Let their questions lead you. Giving too much information to kids, particularly younger ones, may cause them stress.

3. Speak in a calm, reassuring manner

Children take their cues from you. If they sense you are worried, they may start to feel afraid. Wait until you feel calm and centered before talking with them.

4. Keep talks age-appropriate

Try not to overwhelm young children with too much information. Young kids benefit from brief, clear communications. Be honest, and correct any misinformation.

5. Prepare them for what may be ahead

Knowing what to expect can lower worry. Let them know it may me a while before things get back to normal. They may not be able to play with their friends, or see relatives for some time, but they can stay in touch through text or FaceTime.



6. Limit your intake of COVID-19 information

Repeatedly checking for the latest news update can increase anxiety in you and, by extension, your child. Avoid talking about information that may be upsetting when kids are present.

7. Maintain a normal schedule

Sticking to a routine is reassuring for kids. Encourage them to keep up with any school work and chores

8. Monitor Internet usage

When your kids are on-line, do your best to be present with them so you know what information they are seeing.

Teach your kids about behaving respon-

sibly on-line, making clear that you will be monitoring what they do. **You can also add parental controls to phone and tablets. Videos of how to do this are available on You Tube.**

9. Empower Your Kids

Teach your children the ways they protect themselves, It will make them feel empowered and not as anxious. Here are five things you can teach them to do:

- Wash your hands often for as long as it takes to sing *Twinkle, Twinkle Little Star*.
- Don't touch your face.
- Cough or sneeze into your elbow.
- Keep six feet (or two metres) from other people. (Mark out six feet in masking tape on your floor, so children understand how far six feet is.)
- Stay home.

COVID-19 Government Financial Support

(Last Updated: April 6, 2020)

Bellow is a summary of government financial support programs during the COVID-19 crisis. It is not an exhaustive list and information is changing daily. For up-to-date information, please refer to the following websites (**short links provided for easier typing**):

- Federal Government COVID-19 Financial Support:
<https://bit.ly/3bKOce9>
- BC Government COVID-19 Financial Support:
<https://bit.ly/2R6xA8N>

Income (Unemployment) Support	
Support	Description
Canada Emergency Response Benefit (CERB)	<p>Provides a payment of \$2,000 for a 4 week period (equivalent to \$500 a week) for up to 16 weeks.</p> <p>You should apply for CERB, whether or not you are eligible for EI. As of April 6, 2020, there will be a website to assist you to complete the application best suited for you (i.e. eligibility for EI benefits or not).</p> <p><u>Eligibility:</u> Workers (Canadians aged 15+ and who made at least \$5,000 from employment in 2019 or in the 12 months prior to application) who stopped working because of COVID-19 as a result of following:</p> <ul style="list-style-type: none"> • You have lost your job or your hours have been reduced to zero • You are in quarantine or sick • You are away from work to take care of others because they are in quarantine or sick • You are away from work to take care of children or other dependents whose care facility is closed <p>CERB is also available to contract workers and self-employed people who don't qualify for EI.</p> <p>You must be without income for at least 14 consecutive days in the initial four-week period.</p> <p>More information at: https://www.canada.ca/en/services/benefits/ei/cerb-application.html</p>

Employment Insurance (EI)	<p>Existing EI benefit continues to be available.</p> <p>Those who qualify for the CERB should apply for CERB instead. Please see info above.</p> <p>More information at: https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit.html </p>
Employment Insurance (EI) Sickness Benefit	<p>Provides 55% of your earnings up to a maximum of \$573 a week for up to 15 weeks of financial assistance.</p> <p>The following changes were made in response to COVID-19:</p> <ul style="list-style-type: none"> • One-week waiting period has been waived. • People claiming EI sickness benefits due to quarantine will not have to provide a medical certificate. • People who cannot complete their claim for EI sickness benefits due to quarantine may apply later and have their EI claim backdated. <p>More information at: https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html </p>
B.C. Emergency Benefit for Workers	<p>One-time additional tax-free payment of \$1000 to those on EI or CERB.</p> <p>Information about this benefit will be available soon at: https://www2.gov.bc.ca/gov/content/employment-business/covid-19-financial-supports/emergency-benefit-workers </p>

Income Supplements	
Support	Description
Canada Child Benefit (CCB)	<p>An extra \$300 per child through CCB for 2019-2020</p> <p>It will be part of scheduled CCB payment in May.</p> <p>More information at: https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#increasing_canada_child_benefit </p>
Special GST Credit Payment	<p>One-time special payment for low- and modest-income families in May. Additional benefit will be up to \$400 for single individuals and up to \$600 for couples.</p> <p>If you are eligible, you will get it automatically.</p> <p>More information at: https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#increased_goods_services_tax_credit </p>

Climate Action Tax Credit	<p>A one-time enhancement payment for moderate to low-income families in July 2020. Up to \$564 for eligible families of 4 and \$218 for eligible individuals.</p> <p>Benefit is paid out according to your income tax return.</p> <p>More information at: https://www2.gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/climate-action/enhanced-july-2020-payment </p>
BC Senior's Supplement	<p>Additional \$300/month boost for three months for low-income seniors who receive the B.C. Senior's Supplement.</p> <p>No application needed, support boosts will be applied to payments automatically.</p> <p>More information at: https://news.gov.bc.ca/releases/2020SDPR0012-000620 </p>
Income Assistance & Disability Assistance	<p>COVID-19 crisis supplement of additional \$300/month for three months for those who do not qualify for federal emergency supports like CERB.</p> <p>The following changes were made in response to COVID-19:</p> <ul style="list-style-type: none"> • Income from CERB or EI will not result in reduction in monthly assistance for three months. • Those on BC Bus Pass Program will receive their \$52 transportation supplement back in cash on their cheques. <p>More information at: https://news.gov.bc.ca/releases/2020SDPR0012-000620 </p>

Other Financial Supports/Deferrals	
Support	Description
ICBC Payments	<p>Customers on a monthly Autoplan payment plan can defer their payment for up to 90 days with no penalty.</p> <p>More information at: https://www.icbc.com/insurance/buy-renew-cancel/Insurance-payment-plan/Pages/Default.aspx </p>

Canada and BC Student Loans	<p>No payment will be required and interest will not accrue on student loans for six months, starting on March 30, 2020.</p> <p>Repayment will be paused automatically and no application is necessary.</p> <p>More information at: https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#canada_student_loans </p>
BC Transit & TransLink	<p>Free boarding on all buses. Enter through rear of the bus, unless accessible loading is required. Service reductions in effect.</p> <p>More information at: https://buzzer.translink.ca/category/covid-19-coronavirus/ </p>
Registered Retirement Income Funds (RRIFs)	<p>Minimum withdrawals from RRIFs has been reduced by 25% for 2020.</p> <p>More information at: https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#eased_rules_registered_retirement_income_funds </p>
Income Tax Returns	<p>Filing due date is deferred to June 1.</p> <p>Payments owed are deferred until after August 31.</p> <p>More information at: https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#extra_time_income_taxes </p>

Housing Support	
Support	Description
BC Hydro	<p>BC Hydro is halting all service disconnections for non-payment of bills and reducing electricity rates by 1%. BC Hydro also is making more support available through:</p> <ul style="list-style-type: none"> • COVID-19 Relief Fund applies a 3-month credit to your BC Hydro account for eligible customers (avg credit will be \$477). • COVID-19 Customer Assistance Program offers bill deferral and payment plans for customers struggling due to impacts of COVID-19. • Customer Crisis Fund is an existing program that grants of up to \$600 off your energy bill. <p>More information at: https://www.bchydro.com/news/conservation/2020/covid-19-updates.html </p>

Freezing Rent Increases and Halting Evictions	<p>No rent increases are allowed in BC effective April 1, 2020.</p> <p>A landlord may not issue a new notice to end tenancy for any reason.</p> <p>Contact Residential Tenancy Branch (RTB) for more information: https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies/covid-19</p>
BC Temporary Rental Supplement (BC-TRS)	<p>A temporary rent supplement will provide up to \$500 per month paid directly to landlords. Assistance will be available to low and moderate-income renters who are facing financial hardship because of COVID-19.</p> <p>Applications for the supplement will open soon on the BC Housing website: https://www.bchousing.org/COVID-19</p>
Mortgage Support	<p>Mortgage payment deferrals available for CMHC-insured loans:</p> <ul style="list-style-type: none"> • Defer up to six monthly mortgage payments (interest and principal). • Deferred payments are added to the outstanding principal balance and subsequently must be repaid. <p>Contact your financial institution for further mortgage assistance.</p> <p>More information at: https://www.canada.ca/en/departement-finance/economic-response-plan/covid19-individuals.html#mortgage_support</p>



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