Listed below are online resources with information on the coronavirus disease 2019 (COVID-19) outbreak and prevention, as well as advice on how to talk to children about it. To access the websites, please click on the links below.

**National Resources**

**Government of Canada:**

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

<https://twitter.com/GovCanHealth>

**Coronavirus information line:**

833-784-4397

Questions may also be emailed to: [phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)

**Financial assistance:**

<https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html>

**How to apply for employment insurance:**

Please note that due to the COVID-19 outbreak, interested individuals are asked to please apply online rather than in person.

<https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit/apply.html>

**Further information on COVID-19 specific employment insurance benefits:**

<https://www.canada.ca/en/services/benefits/ei/ei-sickness.html>

<https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#new_canada_emergency_response_benefit>

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

**Provincial Resources**

**Alberta:**

**Government of Alberta:**

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

**Financial assistance:**

<https://www.alberta.ca/covid-19-supports-for-albertans.aspx>

**2-1-1**

<https://www.ab.211.ca>

**Food banks:**

<https://foodbanksalberta.ca>

**British Columbia:**

**HealthLink BC:**

<https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>

**Coronavirus information line:**

8-1-1

**Financial assistance:**

<https://www2.gov.bc.ca/gov/content/employment-business/covid-19-financial-supports>

**2-1-1**

<http://www.bc211.ca>

**Food banks:**

<https://www.foodbanksbc.com>

**Manitoba:**

**Province of Manitoba:**

<https://www.gov.mb.ca/covid19/index.html>

**Coronavirus information line:**

204-788-8200 or 888-315-9257

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<https://mb.211.ca>

**Food banks:**

<https://winnipegharvest.org/need-help/need-food>

**New Brunswick:**

**Government of New Brunswick:**

<https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus.html>

**Financial assistance:**

<https://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/promo/nbweib.html>

**New Brunswick Community Services Database:**

<http://www.nbinfo.ca>

**Newfoundland and Labrador:**

**Government of Newfoundland and Labrador:**

<https://www.gov.nl.ca/covid-19>

**Financial assistance:**

<https://www.gov.nl.ca/aesl/feature/covid-19-information-about-aesl-programs-and-services>

**Food bank:**

<https://www.cfsa.nf.net>

**Nova Scotia:**

**Province of Nova Scotia:**

<https://novascotia.ca/coronavirus>

**Financial assistance:**

<https://novascotia.ca/coronavirus/#support>

**2-1-1**

<http://ns.211.ca>

**Food bank:**

<https://www.feednovascotia.ca>

**Ontario:**

**Government of Ontario:**

<https://www.ontario.ca/page/2019-novel-coronavirus>

**Coronavirus information line:**

866-797-0000

**2-1-1**

<https://211ontario.ca>

**Food bank:**

<https://feedontario.ca>

**Prince Edward Island:**

**Government of Prince Edward Island:**

<https://www.princeedwardisland.ca/en/topic/covid-19>

**Financial assistance:**

<https://www.princeedwardisland.ca/en/news/provincial-update-covid-19-initiatives>

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<https://peiunitedway.com/211pei>

**Food bank:**

<https://www.urhm.org/food-bank>

**Quebec:**

**Professionnels de la Santé – MSSS/Gouvernement du Québec:**

<https://www.msss.gouv.qc.ca/professionnels/maladies-infectieuses/coronavirus-2019-ncov> (fr)

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus> (en)

**Coronavirus information line:**

877‑644‑4545

**Financial assistance:**

<https://www.quebec.ca/famille-et-soutien-aux-personnes/aide-financiere/programme-aide-temporaire-aux-travailleurs> (fr)

<https://www.quebec.ca/en/family-and-support-for-individuals/financial-assistance/temporary-aid-for-workers-program> (en)

**2-1-1**

<http://www.qc.211.ca>

**Food bank:**

<https://www.banquesalimentaires.org>

**Saskatchewan:**

**Government of Saskatchewan:**

<https://www.saskatchewan.ca/government/government-structure/ministries/~/link.aspx?_id=6C6BF971659346E0B8E9DE4AE3B2AFF9&_z=z>

**Financial assistance:**

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-information-for-businesses-and-workers/support-for-workers/self-isolation-support-program>

**2-1-1**

<https://sk.211.ca>

**Food bank:**

<https://skfoodbanks.ca>

**World Health Organization**

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses> <https://www.who.int/health-topics/coronavirus>

<https://twitter.com/WHO>

**Children and the Coronavirus**

**How to talk to your children about the coronavirus:**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus>

<https://www.nbcnews.com/better/lifestyle/how-talk-your-kids-about-coronavirus-ease-their-fears-ncna1129851>

<https://www.healthline.com/health-news/how-to-talk-to-kids-about-the-coronavirus>

<https://parenting.nytimes.com/childrens-health/coronavirus-kids-talk>

**What parents should know about the coronavirus:**

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

<https://kidshealth.org/en/parents/hand-washing.html>

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

<https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>

**What to do if you think you may have the coronavirus:**

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html#i>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-what-if-i-feel-sick>

If you think that you may have COVID-19, please contact your primary care provider and your local Public Health Agency. If you do not have a primary care provider, please contact your nearest emergency room. Do not show up to any health care facility without calling first. If you must go out, please use a mask, if possible, and always preform proper respiratory etiquette and hand hygiene. Be sure to follow the exact advice that your health care providers give you.

**Flatten the Curve**

<https://www.flattenthecurve.com>

**John Hopkins University & Medicine**

<https://coronavirus.jhu.edu>

**WebMD**

[https://www.webmd.com/lung/coronavirus#1](https://www.webmd.com/lung/coronavirus)

**Medical News Today**

<https://www.medicalnewstoday.com/articles/256521>

**Mayo Clinic**

<https://www.mayoclinic.org/diseases-conditions/coronavirus/expert-answers/novel-coronavirus/faq-20478727>

**Newsday**

<https://www.newsday.com/news/health/coronavirus-virus-questions-answers-myths-1.41248807>

**CNet**

<https://www.cnet.com/how-to/how-to-protect-yourself-from-coronavirus>

<https://www.cnet.com/how-to/which-face-masks-protect-against-coronavirus>

**Time**

<https://time.com/5775359/coronavirus-prevention-tips>