

Part 2: General COVID-19 information

(For government financial assistance info, please scroll to the end)

COVID-19 Resources in Plain Language

- [COVID-19 Information By and For People with Disabilities \(Green Mountain Self-Advocates\)](#)
- [Easy-to-read information about COVID-19 in many languages \(Inclusion Europe\)](#)
- [We Are All Heroes, plain language COVID-19 information by autistic people \(A4A Ontario\)](#)
- [Why is everything so weird \(Ed Wiley Autism Acceptance Lending Library\)](#)
- [What is COVID-19? A Resource for People with Aphasia \(Tactus Therapy\)](#)

Public Health Canada Resources

- [Government of Canada's symptom self-assessment tool and resources app \(iOS & Android\) \(français\)](#)
- [Up-to-date COVID-19 information and notifications from the Public Health Agency of Canada \(français\)](#)
- [More up-to-date information from Public Health Canada \(français\)](#)
- [Frequently Asked Questions \(français\)](#)
- If you cannot find the information you need on the website, there is a federal hotline & email.
 - 1-833-784-4397 (interpretation services are available in multiple languages)
 - Email: phac.info.aspc@canada.ca
 - Please note that some people have received fraudulent / fake phone calls that seem to be from this phone number. Do not give out personal information if you did not start the call. See the [Government of Canada website](#) for details.

Provincial/Territorial Resources

- [List of Provincial & Territorial COVID-19 Resources](#)
 - This is a list of official information from provincial and territorial governments and health agencies
 - The list includes phone hotlines for **medical** questions (e.g. if you are concerned you may have COVID-19)
 - Visit your province's information page to find out if they have other communication methods available for medical questions (e.g. TTY)
- Additional Provincial/Territorial Resources
 - [BC COVID-19 Provincial Support](#)
 - [HealthLink BC](#)
 - [Alberta Health Services](#)
 - [Public Health Ontario](#)
- Some provinces have hotlines for **non-medical** questions about COVID-19 (e.g. if you have questions about emergency measures and relief funds):
 - British Columbia
 - Information is available in more than 110 languages, 7:30 a.m. - 8 p.m.
 - Phone: 1-888-COVID19 (1-888-268-4319)
 - Text message: 604-630-0300
 - Saskatchewan
 - Phone: 1-855-559-5502 9 a.m. - 9 p.m.
 - Email: COVID19@health.gov.sk.ca

- PEI
 - [List of phone numbers and emails](#)
- Newfoundland & Labrador
 - [List of phone numbers and emails](#)
- Northwest Territories
 - [List of phone numbers and emails](#)

Resources in Languages Other than English

- American Sign Language (ASL)
 - [Myths & facts about COVID-19 \(Gallaudet University\)](#)
- Amharic
 - [ፍይ ኮቪድ-19 ሐበሬታ ብቋንቋሽም \(Alberta Health Services\)](#)
- Arabic
 - [19-كوفيد \(HealthLink BC\)](#)
 - [حياة عيلتنا: تعليمات الوقاية من الكورونا \(Our Family Life حياة عيلتنا\) - Levantine dialect \(subtitles in English, Arabic, and Turkish\)](#)
- Bengali
 - [2019 ন াভেল কভরো ােইরোস কক \(Government of Ontario\)](#)
- Chinese
 - Simplified Chinese
 - [新型冠状病毒常见问题-中文 \(BC Centre for Disease Control\)](#)
 - [Simplified Chinese Fact Sheets \(Ontario Public Health\)](#)
 - Traditional Chinese
 - [新型冠状病毒 \(COVID-19\) \(HealthLink BC\)](#)
 - [新型冠状病毒常見問題-中文 \(BC Centre for Disease Control\)](#)
 - Cantonese
 - [COVID-19 Cantonese \(BC Centre for Disease Control\) - Video](#)
 - [「不得了啦！」為什麼要洗手+20秒洗手歌 \(麥兜Mcdull\) - Video](#)
 - Mandarin
 - [COVID-19 Mandarin \(BC Centre for Disease Control\) - Video](#)
- Farsi
 - [COVID-19 سوالات متداول درباره ویروس کروناى جدید \(BC Centre for Disease Control\)](#)
 - [19-کروید \(HealthLink BC\)](#)
- French
 - [Guide auto-soins - COVID-19 \(Government of Quebec\)](#)
 - [Foire aux questions sur le nouveau coronavirus COVID-19 \(BC Centre for Disease Control\)](#)
 - [Coronavirus \(COVID-19\) \(HealthLink BC\)](#)
- German
 - [Self-Isolation Fact Sheet \(Government of Manitoba\)](#)
- Hindi
 - [कोरोनावाइरस \(COVID-19\)](#)
- Inuktitut
 - [COVID Infographics \(Inuit Tapiriit Kanatami\)](#)
- Italian
 - [Italian Fact Sheets \(Ontario Public Health\)](#)

- Korean
 - [Korean Fact Sheets \(Ontario Public Health\)](#)
 - [코로나바이러스\(COVID-19\) \(HealthLink BC\)](#)
 - [EI Explainer in Korean \(One World Foundation Canada for Human Rights\)](#)
- Langue des signes quebecoise (LSQ)
 - [Guide auto-soins - COVID-19 \(Government of Quebec\)](#)
 - [Contenu en LSQ \(Government of Quebec\)](#)
- Punjabi
 - [2019 ਨੇਵੇਲ ਕਰੋਨਾਵਾਇਰਸ ਬਾਰੇ ਆਮ ਤੌਰ 'ਤੇ ਪੁੱਛੇ ਜਾਂਦੇ ਸਵਾਲ \(ਕੋਵਿਡ-19\) \(BC Centre for Disease Control\)](#)
 - [ਕੋਰੋਨਾਵਾਇਰਸ \(COVID-19\) \(HealthLink BC\)](#)
- Spanish
 - [Spanish Fact Sheets \(Ontario Public Health\)](#)
 - [Coronavirus \(COVID-19\) \(HealthLink BC\)](#)
 - [Enfermedad crónica y cuidado mutuo \(Chronic illness Leadership For Emergent Times\)](#)
- Somali
 - [Xog ku saabsan COVID-19 \(Alberta Health Services\)](#)
- Tagalog
 - [Tagalog Fact Sheets \(Ontario Public Health\)](#)
 - [Coronavirus Fact Sheet \(Government of Manitoba\)](#)
 - [Self-Isolation Fact Sheet \(Government of Manitoba\)](#)
- Vietnamese
 - [Vi-rút Corona \(COVID-19\) \(HealthLink BC\)](#)
 - [NGĂN CHẶN SỰ LÂY LAN CỦA CORONAVIRUS \(Government of Alberta\)](#)
 - [Thông Tin về COVID-19 \(Alberta Health Services\)](#)
- [Easy-to-read information about COVID-19 in many languages \(Inclusion Europe\)](#)

Doctor's Appointments

- Please contact your doctor's office or local walk-in clinic by email or phone.
- Talk to a doctor online:
 - [Babylon by TELUS Health iOS & Android app](#) (free for British Columbia, Alberta, and Ontario residents)
 - [Access Virtual](#) (free for BC residents)
 - [Vivacare](#) (free for BC residents)
 - [WELL Health VirtualClinic+](#) (free for BC residents)
 - [Appletree Virtual Care](#) (free for Ontario residents)
 - [List of Yukon doctors offering virtual appointments](#)

Holding Online Meetings

- [Resources for Online Meetings, Classes, and Events](#)

Mutual Aid

Mutual aid is helping each other: delivering groceries, providing supplies, giving emotional support, and more. All help in mutual aid groups is free.

- COVID-19 Mutual Aid Groups (Facebook): [Toronto](#), [Vancouver](#), [Squamish Nation](#), [Edmonton](#), [Regina](#), [Winnipeg](#), [Ottawa](#), [Montreal](#), [Fredericton](#), [Halifax](#), [PEI](#), [Yukon](#)

- Queer / LGBTQ+ Spoon Shares (Facebook): [Vancouver](#), [Vancouver Island](#), [Greater Victoria](#), [Calgary](#), [Montreal](#)
- [Vancouver Coming Together Website & App](#) (BC)
- [Nelson Spoon Share](#) (BC)
- [Pod mapping for mutual aid](#)
- [How to create neighbourhood pods](#)

Harm Reduction for Drug Users

- [Safer Drug Use During the COVID-19 Outbreak](#) (Harm Reduction Coalition)

Financial Aid

- [Canada's COVID-19 Economic Response Plan](#) (Government of Canada)
- [Coronavirus disease \(COVID-19\) Benefits and Services](#) (Employment and Social Development Canada)
- [COVID-19 Benefits Explainer](#) (Adrienne Smith Law)
- [EI Factsheet](#) (BC Government and Service Employees' Union)
- [EI Explainer in Korean](#) (One World Foundation Canada for Human Rights)
- [City of Toronto Covid-19 social supports](#)

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www.a4aontario.com
<https://www.autisticsunitedca.org/>