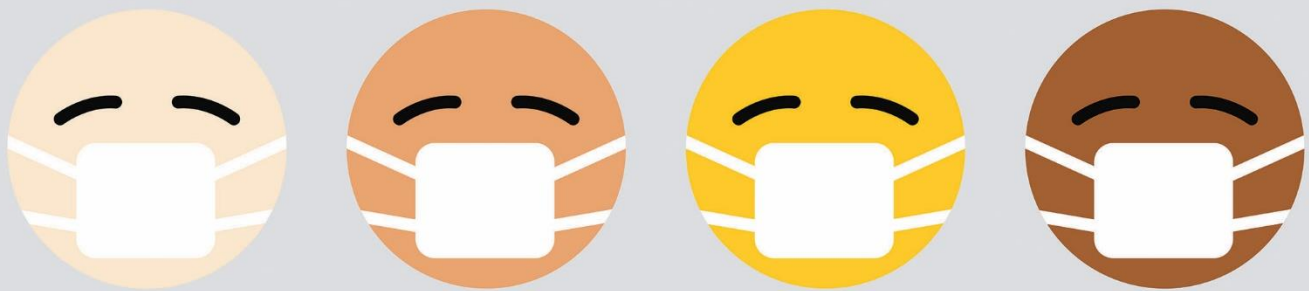




# COVID-19 ONLINE RESOURCE PACKAGE



***Helpful Online Links for Communities***

Updated April 8, 2020

website: **[www.actiondignity.org](http://www.actiondignity.org)**

email: **[info@actiondignity.org](mailto:info@actiondignity.org)**



ActionDignity



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Action Dignity Society is a community-based nonprofit in Calgary, Alberta, Canada.  
Our mission is to facilitate the collective voice of Calgary's ethno-cultural communities towards full civic participation and integration through collaborative action.  
Our vision is a just and equitable society for all.

**Note:** If your community is offering supports to community members during the COVID-19 pandemic and you would like to advertise here, or if you notice errors in this document, please contact ActionDignity at [info@actiondignity.org](mailto:info@actiondignity.org)



# INTRODUCTION

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ActionDignity is committed to supporting communities as we all experience the impacts of the COVID-19 pandemic. Sharing accurate and true information is one way we can help each other and others in our communities. This resource package includes trusted sources of information to help you understand, prepare and share information with your community members on how to manage the challenges of COVID-19. The themes are based on results from our community survey, and the focus is on resources that are easy to share through social media and email (posters, tip sheets, infographics) and multilingual videos. Resources available in languages other than English and French are noted in red font. We will continue to monitor the situation and provide you with timely and accurate information.

As we all do our part by self-isolating and physical distancing, let's stay safe and healthy and build our communities in new ways!

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## A. First Language Information Packages and COVID-19 Updates

## B. What is COVID-19

Here are some facts about the COVID-19 virus and its impacts.

- [Facts about COVID-19](#) Tip Sheet, Government of Canada - available in 17 languages
- [About COVID-19](#) Tip Sheet, Government of Canada - available in 23 languages
- [Be Prepared for COVID-19](#) Tip Sheet, Government of Canada - available in 23 languages
- [True and Fake Information About COVID-19](#) Website, World Health Organization

## C. Prevention and Care for COVID-19

### Prevent COVID-19

These tips will help prevent getting and spreading COVID-19.

- [Preventing COVID-19](#) Videos, World Health Organization
- [Isolation and Self Distancing](#) Videos, Centre for Newcomers – Tigrinya, Hindi, Cantonese, Bengali, Amharic, Spanish, Punjabi, Farsi, Mandarin
- [Physical or Social Distancing](#) Tip Sheet, Government of Canada - English, Arabic, Simplified Chinese, German, Italian, Polish
- [Impact of Social Distancing](#) Information Sheet, Kalispell Health Region, USA
- [Quarantine for Returning Travellers Without Symptoms](#) Tip Sheet, Government of Canada
- [Handwashing](#) Video, Government of Canada
- [Handwashing](#) Tip Sheet, Government of Canada - available in 23 languages
- [Grocery Shopping Tips](#) Poster, Alberta Health
- [Public Transportation Tips](#) Poster, Alberta Health
- [Elevators Tips](#) Poster, Alberta Health
- [For People At High Risk of Serious Illness](#) Tip Sheet, Government of Canada
- [When and How to Use Masks](#) Videos and Tip Sheets, World Health Organization

### When Someone is Sick

When you or a household member has symptoms of COVID-19 or has tested positive, the following resources can help you decide what to do, how to isolate, and how to care for the person who is sick.

- [COVID-19 Self-Assessment Test](#) To help decide if you or someone else needs to be tested
- [Health Link](#) Phone 811 if you have health concerns for yourself or someone else. If it is a medical emergency, call 911.
- [How to Isolate at Home When You Have COVID-19](#) Tip Sheet, Government of Canada – available in 20 languages
- [How to Care for a Person with COVID-19 at Home](#) Tip Sheet, Government of Canada - available in 20 languages
- [How to Care for a Child with COVID-19 at Home](#) Tip Sheet, Government of Canada
- [Caring for Yourself at Home with COVID-19](#) Tip Sheet, Centers for Disease Control and Prevention - English, Chinese, Spanish, Vietnamese, Korean
- [Other Multilingual Tip Sheets](#) Switchboard Multilingual Resources - available in many languages
- [Other Tip sheets About COVID-19](#) Government of Canada

## D. Well Being and Mental Health

### Mental Health

These are tips for managing stress, staying positive and taking care of thoughts and emotions for ourselves and others during the pandemic. Of course, YouTube also has many online activities for yoga, workouts and other sessions for individuals or the whole family. You can also take walks around your community if you have no symptoms of illness as long as you maintain 6-feet distance with other people.

- [6 Tips for Coping with COVID-19 Stress](#) Tip Sheet, Mission Health, North Carolina
- [Coping with Stress During COVID-19](#) Tip Sheet, World Health Organization
- [Ways to Cope](#) Tip Sheet, Kalispell Regional Health Care, USA
- [Keep Calm and Focus on What You Can Control](#) Tip Sheet, Montana Children's Org
- [Helping the Elderly Stay Emotionally Connected](#) Tip Sheet, Kalispell Regional Health, USA
- [COVID-19 and Your Mental Health](#) Information Sheet, Alberta Health
- [Practical and Emotional Preparedness for a Pandemic](#) Information Sheet, Alberta Health
- [Text4Hope](#) Subscribe to receive free, supportive text messages. Alberta Health

### Family Well Being

These useful tips can help keep the home organized and stress-free! Included are tips on parenting during home isolation, family activities, dealing with stress, supporting children with special needs, and managing the switch to online schooling.

- [Parenting in the Time of COVID-19](#) Tip Sheets, World Health Organization
- [At Home Activities for Families](#) Website, Between Friends



- [Keeping Kids Busy at Home](#) Tip Sheet, Kalispell Regional Health, USA
- [Coping and Connections for Children and Families During COVID-19](#) Information Sheet, Alberta Health
- [Helping Children Cope with Stress During COVID-19](#) Tip Sheet, World Health Organization
- [Supporting Families During COVID-19, Including Children with Special Needs](#) Website with Videos and Tips, Child Mind Institute
- [Learning from Home Guidelines for Students and Parents](#) Website, Alberta Education
- [At Home Activities for Families](#) Website, Between Friends

## **Staying Connected with Others**

Staying connected is very important at this time of home-isolation. Here are some helpful tips to stay connected with family, friends, community members and colleagues.

- [I Can Help Flyer](#) Mailbox Flyer
- [How to Stay Connected During Self Isolation](#) Picture Ideas, Drawing Change
- [Staying Connected with Face to Face Technology](#) Poster, Westpark Healthcare Centre, Toronto
- [Social Distancing Not Emotional Distancing](#) Tip Sheet, Kalispell Regional Health, USA
- [Using WhatsApp to Stay Connected](#) Information and Ideas, WhatsApp

## **E. Government Assistance and Financial Supports**

The Federal, Provincial and Municipal Governments have programs and supports in place to help people during the pandemic.

### **How to Create Personal Accounts to Apply for Government Assistance**

- [How To Register for a Canada Revenue Agency \(CRA\) My Account](#)  
CRA My Account is needed to apply for assistance provided by the Government of Canada  
- to create an account, visit [CRA My Account for Individuals](#)
- [How to Register for My Alberta Digital ID \(MADI\)](#)  
MADI is needed to apply for assistance provided by the Alberta Government.

### **Overviews of Government Assistance and Financial Supports**

- [Financial Supports for People Impacted by COVID-19](#) Poster, Enough for All
- [Multilingual Financial Resources](#) Website with Links, Calgary Local Immigration Partnership (CLIP)
- [Service Canada](#) Access to the Government of Canada's many online services and financial supports.
- [Income Supports for Workers During COVID Questions and Answers](#) Website, CUPE

## Details of Government Assistance and Financial Supports

- [Canada Emergency Response Benefit \(CERB\)](#) Service Canada  
Temporary income support of \$500 a week for up to 16 weeks for people who have stopped working and are without employment or self-employment income for reasons related to COVID-19.
  - [Online request for help from Service Canada](#) Complete the online request and Service Canada will contact you within 2 days.
  - [CERB and Social Supports Navigator Briefing](#) PowerPoint Presentation, ActionDignity
- [Alberta Emergency Isolation Support](#) Government of Alberta  
A one-time payment of up to \$1,146 from the Alberta Government available now to Albertans who lose income as a result of self-isolation. It is designed to help people until Federal Government programs are available.
- [Canada Employment Insurance \(EI\) Regular Benefits](#) Service Canada  
Please read the questions and answers on the CERB link above before applying for EI Regular Benefits.
  - [Online request for help from Service Canada](#) Complete the online request and Service Canada will contact you within 2 days.
- [Canada Employment Insurance \(EI\) Sickness Benefits](#) Service Canada  
If you are sick, quarantined or have been directed to self-isolate the requirement to provide a medical certificate to access EI sickness benefits will be waived.
- [Alberta Utility Payment Deferral](#) (pay later)  
People and small businesses who cannot pay their utility and natural gas bills because of the COVID-19 pandemic can delay their payments for 90 days until June 19. You will not be required to pay the full amount on June 19.
  - o to apply, contact your electricity or natural gas provider (list phone numbers?)
- [Mortgage Payment Deferral](#) Information Sheet, Enough for All – [English](#), [Arabic](#), [Chinese](#), [Spanish](#), [Tagalog](#), [Tigrinya](#),
- [Security for Alberta Renters](#) Information on Changes for COVID-19, Government of Alberta
- [Alberta Student Loans Payment Deferral](#) and [National Student Loans Payment Deferral](#)  
Alberta and Canada student loan repayments will be stopped until September 30, 2020. This is automatic, students do not need to apply.



- [Other Government of Canada Support for Individuals](#) Increased Canada Child Benefit, Special GST Credit, Extra Time to File Income Tax Returns
- [Alberta Childcare for Core Service Workers](#)  
Parents who are core service workers will be told by their employers if they qualify to send their children to re-opened childcare centres. Health-care practitioners and critical infrastructure workers have first priority, followed by first responders (firefighters and police officers) and others.
- [Short Term Relief Funding for Arts Organizations, Artists and Cultural Workers](#)  
Calgary Arts Development (CADA)

## F. Community Supports for Basic Needs, Settlement and Other Supports

Many service organizations and community supports are shifting the way they operate or offering new supports so they can continue being helpful during the pandemic. Below are some helpful links.

- [Alberta 211](#) or phone 211 List of Service Providers, City of Calgary – [phone support available in 170 languages](#)
- [Resources for Calgarians](#) Poster, Enough for All
- [COVID-19 Community and Settlement Resources for Newcomers](#) List of Helpful Links, Immigrant Services Calgary
- [Calgary Food Bank](#)
- [Drive-Through, Hot Vegetarian Meals](#) Dashmesh Culture Centre. Free for all who need to be fed. Delivery for those self-isolating within 5 km of Centre. [info@dashmesh.ca](mailto:info@dashmesh.ca) 403-590-0970, Gurdwara Sahib Boulevard NE
- [Spin-A-Round Food Program](#) For organizations with a Charitable Status Number or Alberta Pastoral Number, pick up of produce, bread and other donated food once per week. Paid membership required.
- [Laptop Computer Needs During COVID-19](#) Website Application Form, Electronic Recycling Association
- [Seniors Grocery and Medicine Delivery](#) With delivery fee. Phone (403) 234-6571, Thrive
- [Free Income Tax Filing for Low-Income](#) Community Volunteer Income Tax Program
- Resident PLEX Free Food Pantries phone 587-578-4723
- [Greater Forest Lawn Parent Support Network](#) [www.support4parents.org](http://www.support4parents.org)
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## G. Community Action in Response to COVID-19

## COVID-19 Community Survey for Ethnocultural Groups, Organizations and Individuals

- [COVID-19 Community Impact and Response Survey by ActionDignity](#)

We are reaching out to understand how this crisis is affecting ethnocultural communities. Your answers will help us identify needs, gaps and issues, as well as opportunities, positive experiences and community actions that are helping communities. If you haven't answered the survey yet, please do by clicking [here](#). This is an ongoing survey and we will be checking the results weekly.

Click [here](#) for a summary of survey results so far.

## What Communities Can Do

Here are some action ideas that organizations, individuals and informal groups can do to continue building and enriching community spirits and support.

- [Community Action Response Ideas](#) Poster, Eden Project Communities, United Kingdom
- Organize Social Media Group Chats
  - Create group chats (group messaging) via WhatsApp, Facebook Messenger, Viber, etc. with groups of people who are lonely or isolated and have smart phones
  - [HouseParty App](#) Join up to 8 people together with video and sound through iOS, Android, macOS, Chrome
  - [ZOOM Online Meetings](#) Video Tutorials
- 5 x 5 x 5 Community Engagement Plan

Organize volunteers to connect with 5 individuals or groups to check how they are and if they have urgent needs. Ask those 5 individuals or groups to check with 5 others. Essentially, each person will check on 1 other person each day or week to build community connections. Communities may want to prioritize those who are more isolated or need peer support.
- Translate Information and Resources

Volunteer to translate the most useful resources into your community's first language(s) and share with community members, groups and organizations.
- Volunteer

Check back here for community volunteer opportunities related to COVID-19.

## Community Action Stories

ActionDignity is gathering stories about what community groups and organizations are doing to address needs and offer supports and encouragement during this pandemic. Please check back here for stories that inspire. To share your stories, please contact [info@actiondignity.org](mailto:info@actiondignity.org).

## Funding Opportunities for Community Actions

Here are some local funding opportunities for community groups and organizations. Some of them require registration as a charity or partnership with a charitable organization.

- [Stepping Stones Grants](#) Calgary Foundation



Small grants from \$100 – \$600 to provide residents with funds to implement creative projects that benefit their local community. Individuals, informal groups, formal non-profits, or registered charities can apply.

- [Neighbourhood Grants](#) City of Calgary

Small grant for up to \$1,000 for residents of selected neighbourhoods to address Truth and Reconciliation, social inclusion and community economic development.

- [Other Grassroots and Community Grants](#) Calgary Foundation

Small to medium grants for registered charities or partnerships with registered charities.

- [Community Response Fund](#) City of Calgary and Calgary United Way

Organizations with a charitable number or a formal partner sponsorship agreement with a registered charity can apply for funding support to meet immediate community needs related to COVID-19. For information, visit.