



HOUSE OF COMMONS  
CHAMBRE DES COMMUNES  
CANADA

# RANDEEP SARAI

Member of Parliament  
Surrey Centre

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## COVID-19 Update

### A MESSAGE FROM YOUR MP

Dear Surrey Centre,

The past couple months have been an extraordinary time for Canadians and our friends around the world. It has been frightening and challenging, and at the same time we have watched people come together in our communities, across the country and around the world, to help each other face the global pandemic of COVID-19.

I want to thank everyone who is working on the front lines; who keep us safe, who take care of us and our loved ones, who make sure we have food and essential products and all of you who are keeping our country running; you are doing an incredible service to this

country.

I also want to thank everyone who is staying home as much as they can and practicing social and physical distancing. You are also playing a critical role in making sure we stop COVID-19 from spreading further. We need to keep doing this to plank the curve.

I want you to know that my team and I are here to help you navigate through this challenging time. Please do not hesitate to send me an email ([randeep.sarai@parl.gc.ca](mailto:randeep.sarai@parl.gc.ca)) and we will do our best to find answers to your questions.

Our government will continue to announce new measures to assist Canadians in need. We are in this together and we will through this together.

Please, follow my social media (Twitter, Facebook and Instagram) for regular updates and news from the federal government.

Keep safe, stay home if you can and please continue to follow the expert advice of public health officials.

Sincerely,

Randeep S. Sarai  
Member of Parliament  
Surrey Centre

## PROTECT YOURSELF and OTHERS from GETTING SICK



Wash your  
hands often



Elbow  
cough/sneeze



Avoid touching eyes,  
nose, mouth with  
your hands



Cough in tissue  
and throw away



Avoid contact  
with sick persons

# SYMPTOMS OF COVID-19

Symptoms of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus.



**FEVER**

(greater or equal to 38°C)



**COUGH**



**DIFFICULTY BREATHING**

To help keep you and your loved ones safe, it is important to know how to identify COVID-19 symptoms.

Symptoms included:

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

In severe cases, infection can lead to death.

Symptoms may take up to 14 days to appear after exposure to COVID-19.

Recent evidence indicates that the virus can be transmitted to others from someone who is infected but not showing symptoms.

**Download the COVID-19 app,  
visit [canada.ca/coronavirus](https://canada.ca/coronavirus)  
or call 1-833-784-4397**

**for more information on prevention, symptoms and treatment of COVID-19**

## HOW TO GET HELP

If you have symptoms:

- **Isolate at home** to avoid spreading illness to others.
- **Avoid visits with older adults, or those with medical conditions.** They are at higher risk of developing serious illness.
- **Call ahead** before you visit a health care professional or call your local public health authority.
- If your symptoms get worse, contact your health care provider or public health authority right away, and follow their instructions.

For more information on COVID-19, visit [Canada.ca/coronavirus](https://canada.ca/coronavirus) or contact 1-833-784-4397.

Check out the **Self-Assessment Tool**:

<https://ca.thrive.health/covid19/en>

For **HealthLinkBC**, call 8-1-1 anytime to talk to a nurse and get advice about how you are feeling and what to do next.

8-1-1 is translated in 130 languages.

## REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



**1**

Wet hands with warm water



**2**

Apply soap



**3**

For at least 20 seconds, make sure to wash:



**4**

Rinse well



**5**

Dry hands well with paper towel



**6**

Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs

1-833-784-4397

[@canada.ca/coronavirus](https://canada.ca/coronavirus)

## SUPPORT FOR MENTAL HEALTH

Taking care of our mental health is extremely important during times like this. To help support Canadians, we have launched the **Wellness Together Canada** portal: <https://ca.portal.gs/>

**Important resources if you need help**

**Kids Help Phone**  
1-800-668-6868 or  
Text CONNECT to 686868

**Hope for Wellness Help Line**  
1-855-242-3310

**Crisis Services Canada**  
1-833-456-4566

**Hope for Wellness Helpline (for Indigenous peoples)** 1-855-242-3310



## FINANCIAL SUPPORT FOR INDIVIDUALS DURING COVID-19

The Government of Canada has implemented a number of support measures to assist Canadians during this challenging time:

### Support for Individuals and Families

- Temporary salary top-up for low-income essential workers
- Increasing the Canada Child Benefit
- Special GST credit payment
- Extra time to file your taxes
- Mortgage support

### People Facing Loss of Income

- Canada Emergency Response Benefit (CERB)

### Indigenous People

- Addressing immediate needs of Indigenous communities
- Supporting Indigenous communities public health needs and preparedness
- Making personal hygiene products and nutritious food more affordable

### People who need it most

- Improving access to essential food support
- Supporting people experiencing homelessness
- Providing youth with mental health support
- Delivering essential services to those in need
- Supporting women and children fleeing violence

### Seniors

- Reducing minimum withdrawals for Registered Retirement Income Funds
- Supporting the delivery of items and personal outreach
- Providing immediate and essential services to seniors

### Students and Recent Graduates

- Canada Emergency Student Benefit
- Doubling the Canada Student Grant up to \$6000 for full-time students and \$3600 for part-time
- Expanding eligibility for financial assistance
- Enhancing Canada Student Loans
- Increasing support for First Nations, Inuit and Métis Nation students
- Extending expiring federal scholarships, fellowships and grants
- Suspending repayment and interest on student and apprentice loans

## CANADA EMERGENCY RESPONSE BENEFIT

We will provide a taxable benefit of \$2,000 every 4 weeks for up to 16 weeks to eligible workers who have lost their income due to COVID-19.

# \$2000

Every 4 weeks  
for eligible  
Canadians

An online questionnaire will help us direct you to the service option that best fits your situation (i.e. eligibility for Employment Insurance benefits or not).

Do not apply for the CERB if you have already applied for EI.

Visit [canada.ca/coronavirus](https://canada.ca/coronavirus) for more information on eligibility and to apply. You can also apply by phone: 1-800-959-2019 or 1-800-959-2041.

## WAGE TOP-UP FOR LOW-INCOME ESSENTIAL WORKERS

Essential  
service  
workers who  
earn less than  
\$2500  
per month,  
will receive  
the wage  
top up

We are working with provinces and territories through a new transfer to cost-share a temporary top up to the salaries of low-income workers (those who earn less than \$2,500 per month on a full time basis), that the provinces and territories have deemed essential in the fight against COVID-19.

This will provide a much needed boost to those on the front-line in hospitals, those caring for seniors in long-term care facilities, those working so hard to make sure that there is food on our shelves and tables, and many others.

We're investing



MILLION

to fight food insecurity and help  
those who need it most

For more information about all COVID-19 related support from the Government of Canada, please visit [canada.ca/coronavirus](https://canada.ca/coronavirus)

## CANADA EMERGENCY WAGE SUBSIDY

The Canada Emergency Wage Subsidy (CEWS) supports employers that are hardest hit by the pandemic, and protect the jobs Canadians depend on.

The subsidy generally covers 75% of an employee's wages – up to \$847 per week – for employers of all sizes and across all sectors who have suffered a drop in gross revenues of at least 15% in March, and 30% in April and May.

The program will be in place for a 12-week period, from March 15 to June 6, 2020.

Employers who are eligible for the CEWS are entitled to receive a 100% refund for certain employer contributions to Employment Insurance, the Canada Pension Plan, the Quebec Pension Plan, and the Quebec Parental Insurance Plan paid in respect of employees who are on leave with pay.

For employers that are eligible for both the CEWS and the 10% Temporary Wage Subsidy for a period, any benefit from the Temporary 10% Wage Subsidy for remuneration paid in a specific period will generally reduce the amount available to be claimed under the CEWS in that same period.

**Our government will cover up to 75% of your normal wages (on the first \$58,700 you earn)**

## BUSINESS CREDIT AVAILABILITY PROGRAM

The Canada Emergency Business Account (CEBA) will provide interest-free loans of up to \$40,000 to small businesses and not-for-profits, to help cover their operating costs during a period where their revenues have been temporarily reduced.

To qualify, these organizations will need to demonstrate they paid between \$20,000 to \$1.5 million in total payroll in 2019.

Business owners can apply for support from the Canada Emergency Business Account through their banks and credit unions.

**CEBA will provide up to \$40,000 interest-free loan**

The Province of British Columbia and the City of Surrey are also offering COVID-19 related support to residents. For more information please visit: [gov.bc.ca](http://gov.bc.ca) and [surrey.ca](http://surrey.ca)

## SUPPORT FOR BUSINESSES

The Government of Canada has implemented a number of support measures to assist Canadian Employers and Businesses during this challenging time:

### Avoiding Layoffs and Rehiring Employees

- Canada Emergency Wage Subsidy (CEWS)
- Temporary 10% Wage Subsidy
- Extending the Work-Sharing program
- Temporary changes to the Canada Summer Jobs programs

### Access to Credit

- Business Credit Availability Program (BCAP)
- Canada Emergency Business Account (CEBA)
- Canada Emergency Commercial Rent Assistance (CECRA)
- Rural business and communities
- Assisting innovative and early-stage businesses
- Young entrepreneurs
- Businesses in the Territories
- Canada Emergency Commercial Rent Assistance (CECRA) for small businesses
- Small and medium-sized businesses unable to access other support measures

### Deferred Payments

- More time to pay income taxes
- Deferral of Sales Tax Remittance and Customs Duty Payments until June

### Support for Self-Employed Individuals

- Canada Emergency Response Benefit (CERB)
- Deferral of Sales Tax Remittance and Customs Duty Payments until June.

**For more information on all COVID-19 support from the Government of Canada**

**please visit:**

**[canada.ca/coronavirus](http://canada.ca/coronavirus)**