


PROVINCIAL  
UPDATES

# COVID CONVOS

FACTS > FEAR  
AT UWINNIPEG

# MANITOBA GUIDELINES



All Manitobans have a role to play in slowing its spread and minimizing its impact on the health-care system and in communities.

Public health officials are strongly advising all Manitobans, including health-care providers, to:

- Cancel or postpone any non-essential travel
- Self-isolate and self-monitor for symptoms for 14 days after your return from domestic and international travel
- Self-isolate for 14 days if you have cold or flu-like symptoms

# SOCIAL DISTANCING

Social distancing guidelines for all Manitobans include:

- Cancelling or postponing events with more than 10 attendees;
- Minimizing in-person contact of over 10 minutes and less than two metres in public
- Avoiding greetings that involve touching such as handshakes;
- Disinfecting frequently used surfaces;
- Following public health advice related to self-monitoring and self-isolating if you have travelled or have been exposed to someone ill with the virus; and
- Washing your hands after being in public

For the most up-to-date, factual, information on COVID-19 please visit [manitoba.ca/covid19](https://manitoba.ca/covid19)



Experiencing symptoms?

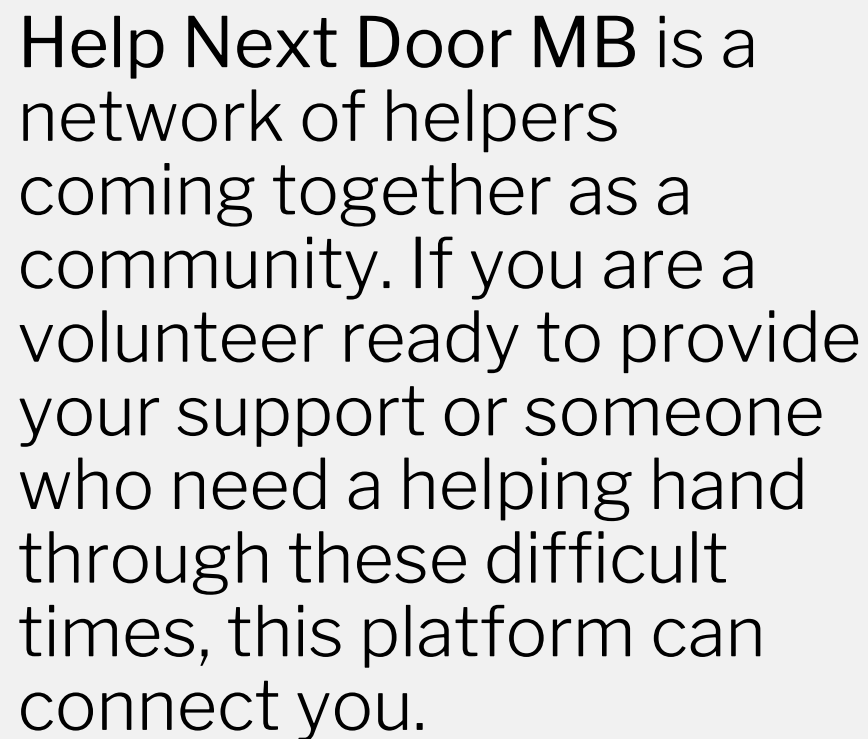
Take the COVID-19 Self Assessment Tool at [sharedhealthmb.ca/covid19/screening-tool/](https://sharedhealthmb.ca/covid19/screening-tool/)

The online screening tool is also available in an interactive voice response (IVR) format.  
CALL 1-877-308-9038

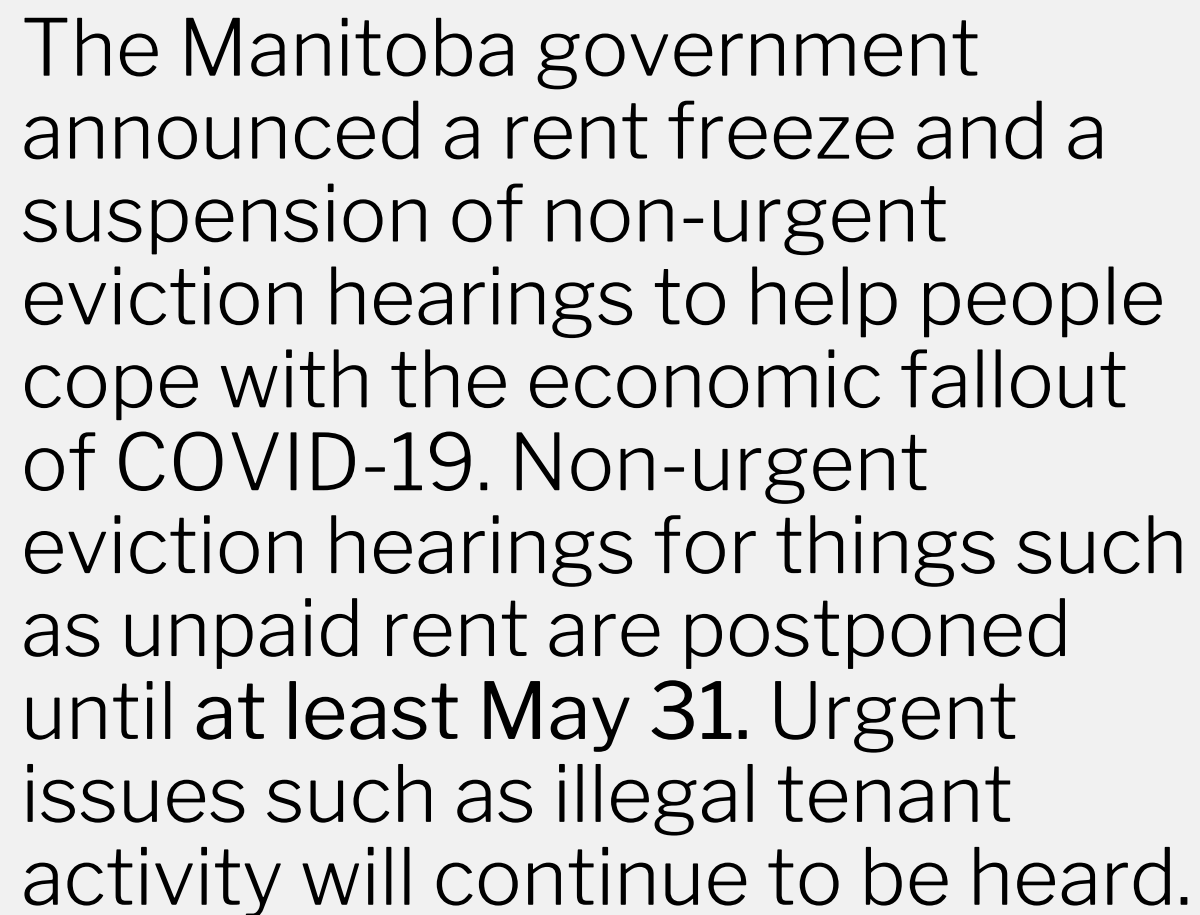
Contact Health Links-Info Santé at (204) 788 - 8200 or 1-888-315-9257 (toll-free) if you're experiencing symptoms of the 2019 novel coronavirus. Do not call 911 unless it is an emergency.

**WHAT TO DO IF  
YOU'RE SYMPTOMATIC**

# HELP NEXT DOOR MB



Help Next Door MB is a network of helpers coming together as a community. If you are a volunteer ready to provide your support or someone who need a helping hand through these difficult times, this platform can connect you.



The Manitoba government announced a rent freeze and a suspension of non-urgent eviction hearings to help people cope with the economic fallout of COVID-19. Non-urgent eviction hearings for things such as unpaid rent are postponed until at least May 31. Urgent issues such as illegal tenant activity will continue to be heard.

**RENT FREEZE**

FEDERAL  
UPDATES

# COVID CONVOS


FACTS > FEAR  
AT UWINNIPEG

# STUDENT LOANS

- Payments on Canada Student Loans and Canada Apprentice Loans will be halted March 30 until September 30, 2020. Your loan will not accrue interest during that period.
- So far, Alberta, British-Columbia, Ontario, Nova-Scotia, Prince-Edward Island, Quebec, and Saskatchewan have announced a similar measure for the provincial portion of students loans. Stay tuned for updates.
- If you have other financial aid question visit [uwinnipeg.ca/awards/](http://uwinnipeg.ca/awards/) website. Visit [csnpe-nslsc.canada.ca/en/home](http://csnpe-nslsc.canada.ca/en/home)



# CANADA EMERGENCY RESPONSE BENEFIT



The Canada Emergency Response Benefit (CERB) will provide \$2,000 a month for up to 4 months to those who have lost their income (whether through employment or self-employment) because of COVID-19.

If eligible, you can apply for this benefit on the Government of Canada website from April 6.

# CANADA EMERGENCY RESPONSE BENEFIT




The benefit will be available to workers:

- Residing in Canada, who are at least 15 years old;
- Who have stopped working because of COVID-19 and have not voluntarily quit their job;
- Who had income of at least \$5,000 in 2019 or in the 12 months prior to the date of their application; and
- Who are or expect to be without employment or self-employment income for at least 14 consecutive days in the initial four-week period.

For subsequent benefit periods, they expect to have no employment income. The Benefit is only available to individuals who stopped work due to COVID-19.

# CANADA EMERGENCY RESPONSE BENEFIT



However, many students who didn't work during the school year or earn at \$5000 last summer, will not be eligible for the CERB.

Students must be included in this much-needed emergency benefit. Send an email to your provincial and federal representatives to ensure all students, regardless of employment status, have access to the CERB.

A template is available at [cfsfcee.ca/covid-19/](https://cfsfcee.ca/covid-19/)




The following measures will be implemented for parents:

- Doubling the Good and Services Tax credit for low- or moderate-income households, which will be sent out in May 2020
- Boosting the Canada Child Benefit by \$300 per child starting May for the 2019-2020 benefit year.
- If you are eligible, these benefits will be received as part of your tax return for the 2019-2020 benefit

year.

# STUDENT PARENTS

# FILING YOUR TAXES

- 
- For individuals, the return filing due date will be deferred until June 1, 2020.
  - The Canada Revenue Agency will allow all taxpayers to defer payments until after August 31. No interest or penalties will accumulate on these amounts during this period.
  - If you are expecting a return, we encourage you to file your taxes as early as possible. You can submit a return for free through the CFSFCEE's free uFile service for students