

# Millbrook Community Newsletter

APRIL 2020



## Millbrook Chief and Council Swearing-in Ceremony

(Top L-R) Dr. Donald Julien, Stephen Marshall, Peter Gloade, Alex Cope, Colin Bernard, Ward Markie, James Stevens, Gordon Johnson.

(Bottom L-R) Natasha Bernard, Carley Gloade, Chief Bob Gloade, Lisa Marshall, Leana Kennedy. Not in Photo: Barry Martin

### *Important Announcements*

For the latest corona virus information visit: <https://novascotia.ca/coronavirus/>

<https://www.millbrookband.com/covid-19-updates>

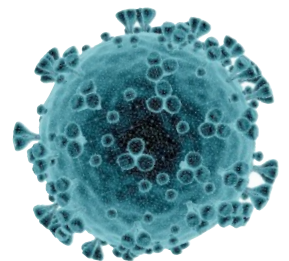
To see a visual on COVID-19 in Nova Scotia, please go to:

<https://novascotia.ca/Coronavirus/data>

### *The Eskasoni Crisis Line*

Toll Free number 1-855-379-2099.

(Mi'kmaw and English)



**MILLBROOK  
FIRST NATION**

TELEPHONE: (902) 897-9199

TOLL FREE: 1-(800)-693-3112

MILLBROOK BAND ADMINISTRATION

P.O. BOX 634

TRURO, N.S. B2N 5E5



# Millbrook Band Office

## Mailing Address

Millbrook Band  
Administration  
P.O. Box 634  
Truro, NS. B2N 5E5

## Business Hours

Closed until May 1, 2020  
Please contact staff by e-mail.

## Phone Numbers

Band Office  
1 (902) 897-9199  
Toll Free  
1 (800) 693-3112

## Website & Facebook Page

**Millbrook's Website** - [www.millbrookband.com](http://www.millbrookband.com).

**Millbrook's Facebook Page** - <https://www.facebook.com/MillbrookFirstNation/>

Remember to e-mail the Communications Officer to have your information posted online.

## Millbrook Band Office & Health Centre

**Millbrook Band Office will be closed until May 1, 2020.**

**The Millbrook Health Centre will be open Mondays, Wednesdays and Fridays from 10-4 until further notice.**

We continue to take appointments for both the doctors and mental health and addictions clinicians.

Please call the Health Centre to make an appointment.

## Social Assistance

Social Assistance Cheques are tentatively scheduled for: April 9 & 23, 2020.

Applications are available at the Reception desk at the Band Office.

## Chief and Council Meeting

The next Chief and Council meeting is scheduled for **Tuesday, April 14, 2020.**

The deadline for submissions or requests to see Council is **Thursday, April 9, 2020.**

Please submit to the Administrative Assistant, Jay Martin, Phone: (902) 897-9199 Ext. 110,

Fax: (902) 893-4785 or e-mail: [jay.m@eastlink.ca](mailto:jay.m@eastlink.ca).

May's Chief and Council meeting is **May 12, 2020.**

## Chief and Council Meetings

Chief and Council will be meeting weekly via video conference to deal with urgent matters.

## April 2020

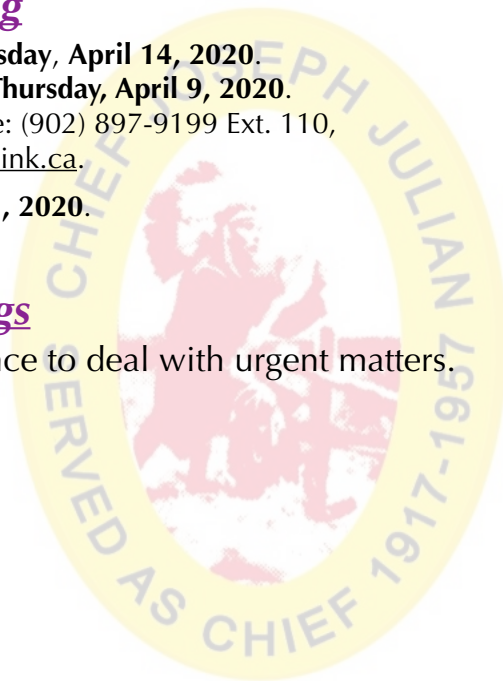
- ✚ **April 7** - Chief and Council Meeting via Zoom 1pm.
- ✚ **April 14** - Chief and Council Meeting via Zoom 1pm.
- ✚ **April 21** - Chief and Council Meeting via Zoom 1pm.
- ✚ **April 28** - Chief and Council Meeting via Zoom 1pm.

## Newsletter Deadline

***The Newsletter deadline is the 24th of each month.***

***Friday, April 24, 2020***

You can make a contribution to the Millbrook Community Newsletter by sending your information to: [mbcommunications@eastlink.ca](mailto:mbcommunications@eastlink.ca), or by the website contact form (link) <https://www.millbrookband.com/contact>



**Millbrook First Nation Band  
By Law 2020-01**

*A By Law against public health nuisance and to prevent the  
spreading of communicable diseases and contagions*

**WHEREAS** paragraphs (A) and (R) of section 81 of the *Indian Act* (R.S.C., 1985, c. I-5) empower the Council of a Band to make by laws respecting health of residents on the reserve and to impose a penalty for the violation thereof;

**AND WHEREAS** history and modern epidemiology suggest Indigenous communities face greater peril from the spread of communicable diseases and contagions;

**AND WHEREAS** the council of the Millbrook First Nation band finds it necessary to impose measures to contain nuisances in an effort to limit the spread of communicable diseases and contagions;

**NOW THEREFORE** Council of Millbrook Band hereby enacts the following By Law;

**1. Title**

This Law may be cited for all purposes as the "*Millbrook Public Health Nuisance By Law*"

**2. Interpretation**

In this By Law, unless the context otherwise requires:

"Council" means the Council of the Millbrook Band;

"Lands" means the all Millbrook Indian Reserve lands at I.R. #27 at Truro, Beaver Lake Indian Reserve #17, Sheet Harbour Indian Reserve #36 and Cole Harbour Indian Reserve #30 or any future lands acquired by the Millbrook Band subject to an Additions-to-Reserve Process

"Peace Officer" means a member of the Royal Canadian Mounted Police or other Police force that may in future become responsible for policing Millbrook Lands;

"Person" for the purposes of this By Law, includes, but is not limited to, Millbrook Band Members, non-Band Member Residents of the Millbrook Band and any and all visitors to the Lands of the Millbrook Band.

**3. Application**

This By law applies

- (a) to every Person or Business within the confines of Lands of the Millbrook First Nation and
- (b) to every installation, building, place or thing constructed, made, set up or established within the confines of the Lands of Millbrook First Nation Band.

**4. Powers of Council in the event of a communicable disease or illness**

Where the Chief and Council of the Millbrook First Nation believe upon reasonable and probable grounds, that

- (a) a communicable disease or illness exists or may exist or that there is an immediate risk of an outbreak of a communicable disease or illness that presents a risk to the public health; and
- (b) that the peril to the public health posed by the communicable disease or illness justifies an order or directive to decrease or eliminate the risk to public health presented by the communicable disease;
- (c) the Chief and Council, may by written order or directive require a Person, business or organization to take an action or to refrain from taking an action that is specified in the order or directive, in respect of a communicable disease and public health.

- (d) The order or directive shall be made at a duly convened meeting of the Chief and Council of the Millbrook First Nation

#### **5. Offence of Public Health Nuisance**

1. Every Person or business causes a public health nuisance who:
  - a. Creates a condition, takes an action or permits an action within the Lands of the reserve that is or may become a risk to the safety or the health of the public;
  - b. Creates a condition or takes an action or permits an action within the Lands of the reserve that prevents or hinders or may prevent or hinder in any manner the suppression of communicable disease or illness;
  - c. Disobeys any directive or order of the Millbrook First Nation Chief and Council issued to limit the risk to the safety or the health of the public within the Lands of the Millbrook Band;
2. Every Person or business who causes a public health of nuisance on the Lands of the Millbrook Band, is guilty of an offence.

#### **6. Enforcement**

1. Where a Person or business who has been ordered to stop their public health nuisance, fails or refuses to comply a Peace Officer may take such reasonable measures as are necessary to stop the public health nuisance.
2. A Person or business who fails or refuses to comply with an order by a Peace Officer under this By Law or who resists or interferes with a Peace Officer acting under the authority of this By Law commits an additional offence.

#### **7. Penalty**

1. A Person or business who commits an offence under this By Law is liable to a fine not exceeding \$1,000 per occurrence, or to imprisonment for a term not exceeding thirty days, or both.
2. Each day that a Person or business is in violation of this By Law shall constitute a distinct offence.
3. A charge laid under this By Law does not fetter the discretion of the Chief and Council of the Millbrook First Nation to pursue their own administrative remedies against any Person or business committing a public health nuisance under this By Law.

#### **8. Severability**

Should a court of competent jurisdiction determine that a provision of this By Law is invalid for any reason, the offending provision shall be severed from the By Law and the validity of the rest of the By Law shall not be affected.

#### **9. Amendments**

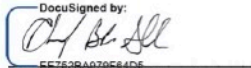
1. Amendments to or repeal of this By Law may be done by a quorum of Council at a duly convened meeting of the Chief and Council of the Millbrook First Nation.




2. Band members must receive 15 days notice prior to the repeal of this By Law and any member or any person who may possibly be affected its amendment or repeal may present written or oral comments in advance of meeting.
3. Council may set reasonable restrictions on the amount of time allowed for such comments.

**THIS BY LAW IS HEREBY** made at a duly convened meeting of the Chief and Council of the Millbrook First Nation this 28<sup>th</sup> day of March, 2020.

Voting in favour of the By Law are the following members of the Council:

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 Chief Robert Gloade

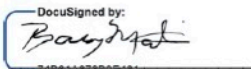
DocuSigned by:  
  
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 Councillor Leana Kennedy


DocuSigned by:  
  
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 Councillor Gordon Johnson

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 Councillor Ward Markie

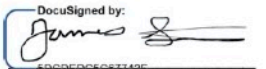
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 Councillor Colin Bernard

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 Councillor Alex Cope

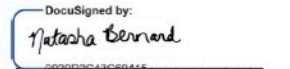
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 Councillor Barry Martin

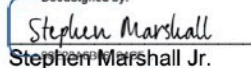
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 Councillor Carley Gloade

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 Councillor Lisa Marshall

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 Councillor James Stevens


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 Councillor Peter Gloade

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 Councillor Natasha Bernard

DocuSigned by:  
  
 Stephen Marshall Jr.

The quorum for this Council is set at five (5).

Witnessed by:

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Shelly A. Martin  
 Barrister & Solicitor  
 Millbrook First Nation

**Millbrook First Nation Chief and Council**

**Bulletin re: COVID-19 & Non Essential Business Closure in Millbrook First Nation**

**March 26<sup>th</sup> 2020**

As cases of COVID-19 continue to rise across Canada and as it has now emerged locally in the Truro area, it is now more important to keep our community safe. In all our discussions and response to this crisis, **our priority is the safety of our families, friends and employees.**

We are actively monitoring the COVID-19 pandemic and are taking steps to share information and to act as quickly as possible to keep our community safe. It has become apparent additional measures are required to facilitate social distancing. On Sunday, the Provincial Government declared a State of Emergency in an effort to slow the spread of COVID-19.

After extensive discussion and with the advice of the Director of Health Services during a duly convened meeting on March 25<sup>th</sup>, 2020, **Council passed a motion requiring all non-essential business located on all reserve lands to close effective midnight on Friday March 27<sup>th</sup>, 2020. For the purposes of this notice, a non-essential business is any business that is not a pharmacy, grocery store or gas station or any operation necessary to maintain critical band infrastructure.**

These closures are regrettable but necessary and will last until such time as Nova Scotia's Provincial Medical Officer of Health deems that the State of Emergency has ended.

The RCMP will be monitoring these closures and have the power to enforce measures necessary for enhanced social distancing. If you see someone breaking the rules, report them by calling (902) 893-6819.

This is a difficult time for families, business owners and leaders, but this crisis requires a shift in priorities in order to keep our community safe and thriving. We thank you in advance for your cooperation during this extraordinary time.

Millbrook Chief & Council



# Health Centre

## Mailing Address

Millbrook Health  
Centre  
P.O. Box 634  
Truro, NS. B2N 5E5

## Business Hours

Monday, Wednesday, & Friday  
10am-4pm

**Please call the Health Centre to  
make an appointment**

## Phone Numbers

Health Centre  
1 (902) 895-9468  
Toll Free  
1 (844) 895-9468

## **Millbrook Health Centre Notice on COVID-19 State of Emergency**

On March 24, the provincial Medical Officer of Health (Dr. Strang) issued an Order to decrease the transmission of COVID-19. All people who have COVID-19, or who have been in close contact with someone who has COVID-19, or are being tested for COVID-19 and are waiting for their results, or who have returned to the province from travel must stay home for 14 days. You cannot enter public buildings, use public transportation, or be in any enclosed spaces that have people in them, other than your home, during those 14 days, unless told otherwise by someone in Public Health.

If you do not adhere to self-isolation while this Order is in place, you can be fined. Ask family members or friends to pick up your groceries for you or other things you need and to drop them off at your door.

Those who are not required to self-isolate must stay 6 feet or 2 metres from other people when outside and you cannot congregate in social groups larger than 5 people. Not following this order can also result in a fine.

It is important to wash your hands frequently for 20 seconds, don't touch your face, cough or sneeze into your sleeve or tissue, stay home if you are sick, limit visits with at-risk people, and sanitize frequently-used surfaces daily.

Most healthy people will not get severely ill from the coronavirus, but there are some people who are most at risk of getting very ill or dying, including people over 65, those with compromised immune systems (e.g. undergoing cancer treatment) and those with underlying health conditions such as diabetes, heart disease and COPD.

If you are younger, please remember that you can get sick from the coronavirus, and even if you have few or no symptoms, you may be passing it onto people who are more at risk of severe illness from this virus. This is why it is very important to physical/social distance (6 feet or 2 metres) from other people and to frequently wash your hands for 20 seconds.

We all have to do our part to keep COVID-19 out of our community.

**The Fitness Centre and Gym will remain closed until further notice.**

## **Safe Sharps Disposal During COVID-19:**

Safely store sharps at home during the COVID-19 pandemic. Pharmacies are asking patients to store their used needles at home as they will not be accepting sharps during the pandemic. The Millbrook Health Centre has Sharps containers, so please call to pick one up. No used needles or Sharps containers should ever be put in the garbage or recycling for collection.

## **Medical Drivers**

**Donna Gloade**

Home: (902) 895-9540 Cell: (902) 986-8842

**Ella Paul**

Cell: (902) 956-2679



My fellow Nova Scotians,

COVID-19 is an unprecedented and rapidly evolving situation, and I recognize this is a scary time for Nova Scotians. Public health officials are working closely with our colleagues across the country and our partners in Nova Scotia to limit the spread of the virus and increase capacity within the health system to respond.

During this state of emergency, we must all work together to help prevent the spread of COVID-19. Here are important steps we are requiring all Nova Scotians to take:

- Stay home as much as possible. When you are out, practice social distancing by limiting contact with other people (stay 2 metres (6 feet) apart) and have no more than 5 people together
- Shop only for essentials, such as groceries and prescription medication and only have one person doing the shopping
- If you've traveled outside the province, self-isolate for 14 days
- If you feel unwell, go to [811.novascotia.ca](https://811.novascotia.ca) and use the self-assessment questionnaire to find out if you need to call 811
- Wash your hands often, avoid touching your face and clean surfaces regularly

I understand that this situation may be creating a lot of fear. This is normal. However, it's important that we respond, not in fear, but with caring, a sense of community and common sense. No one person is responsible, but we can all be part of the solution. If someone in your community is self-isolating or ill, what they need is your support, compassion and understanding. I encourage you to:

- Check in with those closest to you by phone, text or social media
- Have a video chat with someone in isolation
- Make sure your neighbours have what they need
- Encourage people to get information from reliable sources, like: [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)

[novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)





Following public health direction and supporting each other is how we will beat this virus.

**For the latest information, advice and resources, visit:**

Government of Nova Scotia: [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)

Government of Canada: <https://canada.ca/coronavirus>

**For general information on novel coronavirus information, call:**

Toll-free: [1-833-784-4397](tel:1-833-784-4397)

**For updates on social media, follow:**

Government of Nova Scotia Facebook page: <https://www.facebook.com/nsgov/>

Government of Nova Scotia Twitter account: <https://twitter.com/nsgov>

Department of Health and Wellness Facebook page:

<https://www.facebook.com/NovaScotiaHealthAndWellness/>

Department of Health and Wellness Twitter account: <https://twitter.com/nshealth>

We will continue to provide you with the latest information to help you protect yourself, your family and community members. Thank you for your help in preventing the spread of COVID-19 in our province.

Dr. Robert Strang  
Chief Medical Officer of Health  
Province of Nova Scotia

[novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)



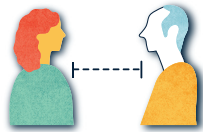
# PROVINCIAL STATE OF EMERGENCY

**The government of Nova Scotia has declared a provincial state of emergency to prevent the spread of COVID-19.**

We all must follow Public Health Orders and Direction:



If you have travelled outside of **Nova Scotia** you **MUST STAY HOME** and self-isolate for **14 DAYS** upon your return



Practice social-distancing  
Keep **2 METRES/6 FEET AWAY** from others



No social gatherings anywhere of more than 5 people



Businesses that continue to operate with more than 5 employees must practice social-distancing



Wash your hands often

We all must do our part. Be kind, be compassionate, and use common sense. Together we can help prevent the spread of COVID-19.





# 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:



palm and back of each hand



between fingers



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



thumbs



under nails

1-833-784-4397

@canada.ca/coronavirus



Public Health  
Agence de la santé  
publique du Canada

Canada

# CORONAVIRUS DISEASE (COVID-19): HOW TO QUARANTINE (SELF-ISOLATE) AT HOME WHEN YOU MAY HAVE BEEN EXPOSED AND HAVE NO SYMPTOMS



People with COVID-19 do not always recognize their early symptoms. Even if you do not have symptoms now, you need to quarantine (self-isolate) for 14 days if you:

- ▶ are returning from travel **outside of Canada** (mandatory quarantine)\*
- ▶ had close contact with someone who has or is suspected to have COVID-19
- ▶ have been told by public health that you may have been exposed and need to quarantine (self-isolate)

**Quarantine (self-isolate)** means that, for **14 days** you need to:

- ▶ **stay at home** and monitor yourself for symptoms, even if mild
- ▶ **avoid contact with other people** to help prevent transmission of the virus at the earliest stage of illness
- ▶ **do your part to prevent the spread of disease** by practicing physical distancing in your home

**If you start to develop symptoms within 14 days of your quarantine, you must:**

- ▶ isolate yourself from others as soon as you notice your first symptom
- ▶ immediately call a health care professional or public health authority
- ▶ describe your symptoms and travel history to them
- ▶ follow their instructions carefully

**Note:** If you are living with a person who is isolated because they have or are suspected to have COVID-19, your self-isolation period may be extended beyond 14 days. Seek direction from your **public health authority**.

To quarantine (self-isolate), take the following measures:

## Limit contact with others

- ▶ Stay at home or the place you are staying in Canada (do not leave your property)
- ▶ Only leave your home for medically necessary appointments (use private transportation for this purpose)
- ▶ Do not go to school, work, other public areas or use public transportation (e.g., buses, taxis).
- ▶ Do not have visitors.
- ▶ Avoid contact with older adults, or those with medical conditions, who are at a higher risk of developing serious illness.
- ▶ Avoid contact with others, especially those who have not travelled or been exposed to the virus.

- ▶ If contact cannot be avoided, take the following precautions:
  - keep at least 2 metres between yourself and the other person
  - keep interactions brief
  - stay in a separate room and use a separate bathroom, if possible

## Things you can do while in quarantine (self-isolation)

While keeping a physical distance of 2 metres from others, you can:

- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ ask family, a neighbor or friend to help with essential errands (e.g., picking up prescriptions, buying groceries)
- ▶ use food delivery services or online shopping



- ▶ exercise at home
- ▶ use technology, such as video calls, to keep in touch with family and friends through online dinners and games
- ▶ work from home
- ▶ on your own property only: go outside on your balcony or deck, walk in your yard or get creative by drawing chalk art or running back yard obstacle courses and games

## Keep your hands clean

- ▶ Wash your hands **often** with soap and water for at least 20 seconds, and dry with disposable paper towels or dry reusable towel, replacing it when it becomes wet.
- ▶ You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- ▶ Avoid touching your eyes, nose and mouth.
- ▶ Cough or sneeze into the bend of your arm or into a tissue.

## Keep surfaces clean and avoid sharing personal items

- ▶ At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- ▶ To disinfect, use only **approved hard-surface disinfectants** that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.
- ▶ When approved hard surface disinfectants are not available, for household disinfection, a diluted bleach solution can be prepared in accordance with the instructions on the label, or in a ratio of 5 millilitres (mL)

of bleach per 250 mL of water OR 20 mL of bleach per litre of water. This ratio is based on bleach containing 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Follow instructions for proper handling of household (chlorine) bleach.

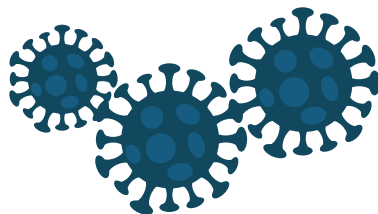
- ▶ If they can withstand the use of liquids for disinfection, high-touch electronic devices (e.g., keyboards, touch screens) may be disinfected with 70% alcohol at least daily.
- ▶ Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.

## Monitor yourself for symptoms

- ▶ Monitor yourself for symptoms, particularly fever and respiratory symptoms such as coughing or difficulty breathing.
- ▶ Take and record your temperature daily (or as directed by your public health authority) and avoid using fever-reducing medications (e.g. acetaminophen, ibuprofen) as much as possible. These medications could mask an early symptom of COVID-19.
- ▶ If you develop symptoms, even if mild:
  - stay home
  - immediately isolate yourself from others in your house
  - contact your public health authority as soon as possible and follow their instructions
  - \* Quarantine Act

## \* Quarantine Act

The Government of Canada is implementing an Emergency Order under the Quarantine Act that requires persons entering Canada—whether by air, sea or land—to isolate for 14 days if they have symptoms of COVID-19, or to quarantine (self-isolate) themselves for 14 days if they are asymptomatic in order to limit the introduction and spread of COVID-19. The 14-day period begins on the day the person enters Canada.



## Work-related travel for essential workers

Certain persons who cross the border regularly to ensure the continued flow of goods and essential services, or individuals who receive or provide other essential services to Canadians, are exempt from needing to quarantine (self-isolate) due to travel outside of Canada, as long as they are asymptomatic (do not have symptoms of COVID-19).

They must:

- ▶ practice **physical (social) distancing**
- ▶ self-monitor for **symptoms** (if you develop a symptom follow the instructions of your local public health authority)
- ▶ stay in your place of residence as much as possible.

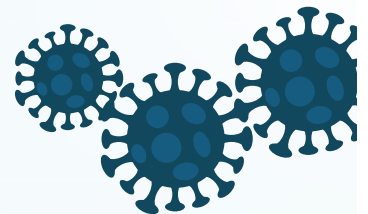
If you have been instructed by public health to quarantine for any other reason (for example, you have been in close contact with a case), inform your local public health authority of your status as an essential worker and follow their directions.

**WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION, VISIT**

.....  
**Canada.ca/coronavirus**  
or contact  
**1-833-784-4397**

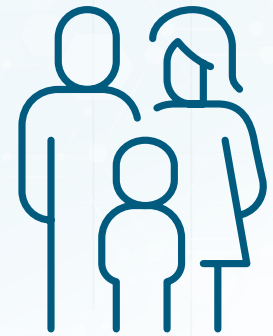
## Supplies to have at home when in quarantine (self-isolation)

- Disposable paper towels
- Thermometer
- Running water
- Hand soap
- Alcohol-based sanitizer containing at least 60% alcohol
- Dish soap
- Regular laundry soap
- Regular household cleaning products
- Hard-surface disinfectant that has a Drug Identification Number (DIN), or if not available, concentrated (5%) liquid bleach and a separate container for dilution
- Appropriate cleaning products for high touch electronics





# CORONAVIRUS DISEASE (COVID-19) : HOW TO CARE FOR A PERSON WITH COVID-19 AT HOME— ADVICE FOR CAREGIVERS



If you are caring for a person who has been diagnosed with COVID-19, follow this advice to protect yourself and others in the home, as well as those in your community.

## Limit contact

- ▶ Only one healthy person should provide care.
- ▶ Do not share personal items with the ill person, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- ▶ Use a separate bathroom from the ill person if possible. If not possible, the ill person should put the toilet lid down before flushing.
  - If not possible, the ill person should put the toilet lid down before flushing.

## Protect yourself

- ▶ If possible, people who are at higher risk of serious illness from COVID-19 should not care for someone with COVID-19.
  - These people include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems
- ▶ If you need to be within 2 metres of the ill person, wear a face mask, disposable gloves and **eye protection**.
- ▶ Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.
- ▶ Do not re-use face masks or gloves.
- ▶ Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing gloves, face masks and eye protection.

- ▶ Dry your hands with disposable paper towels.
  - If not available, use a reusable towel and replace it when it becomes wet.
- ▶ You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- ▶ Avoid touching your eyes, nose and mouth with unwashed hands.

## Keep your environment clean

- ▶ Place used face masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- ▶ Place possibly contaminated laundry into a container with a plastic liner and do not shake.
  - Wash with regular laundry soap and hot water (60-90°C), and dry well.
  - Clothing and linens belonging to the ill person can be washed with other laundry.
- ▶ At least once daily clean and disinfect surfaces that people touch often, such as toilets, laundry containers, bedside tables, doorknobs, phones and television remotes.
- ▶ Use only approved hard-surface disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.



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- ▶ High-touch electronic devices (e.g., keyboards, touch screens) may be disinfected with 70% alcohol (e.g., alcohol prep wipes) at least daily.
- ▶ If approved hard surface disinfectants are not available, a diluted bleach solution can be prepared by following the instructions on the label, or in a ratio of:
  - 5 millilitres (mL) of (5%) bleach per 250 mL of water
  - OR 20 mL of (5%) bleach per litre of water

## Monitor yourself for symptoms

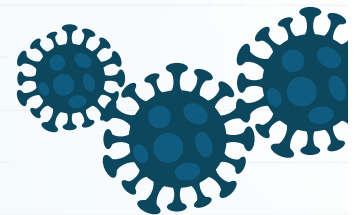
- ▶ If you have always used the recommended precautions, then monitor yourself for symptoms for 14 days following your last contact with the ill person.
- ▶ If you have had direct contact with body fluids of the ill person (e.g., were coughed or sneezed on when you weren't wearing a face mask), contact your **Public Health Authority** for further instructions.
- ▶ If you develop symptoms, isolate yourself as quickly as possible and contact your **Public Health Authority** for further instructions.

## Maintain these supplies

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Face masks (do not re-use)</li> <li><input type="checkbox"/> Eye protection (face shield or goggles) for use by caregiver</li> <li><input type="checkbox"/> Disposable gloves (do not re-use) for use by caregiver</li> <li><input type="checkbox"/> Disposable paper towels</li> <li><input type="checkbox"/> Tissues</li> <li><input type="checkbox"/> Waste container with plastic liner</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Over the counter medication to reduce fever (e.g. ibuprofen or acetaminophen)</li> <li><input type="checkbox"/> Running water</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Hand soap</li> <li><input type="checkbox"/> Alcohol-based hand sanitizer containing at least 60% alcohol</li> <li><input type="checkbox"/> Dish soap</li> <li><input type="checkbox"/> Regular laundry soap</li> <li><input type="checkbox"/> Regular household cleaning products</li> <li><input type="checkbox"/> One-step cleaner/disinfectant</li> <li><input type="checkbox"/> Hard surface disinfectant, or if not available, concentrated (5%) liquid bleach and a separate container for dilution</li> <li><input type="checkbox"/> Alcohol prep wipes</li> </ul> |
|--|---|

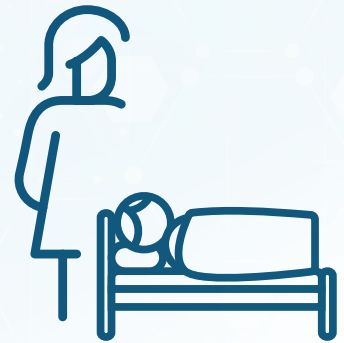


**WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION ON CORONAVIRUS:**



**Canada.ca/coronavirus** or contact **1-833-784-4397**

# CORONAVIRUS DISEASE (COVID-19): HOW TO CARE FOR A CHILD WITH COVID-19 AT HOME: ADVICE FOR CAREGIVERS



Children who have mild COVID-19 symptoms are able to stay at home with a caregiver throughout their recovery without needing hospitalization.

If you are caring for a child who has suspected or probable COVID-19, it is important to follow the steps below to protect yourself and others in the home, as well as those in your community.

## Symptoms of COVID-19

- Fever
- Cough
- Difficulty breathing

## Monitor your child for symptoms

- ▶ Monitor your child's **symptoms** as directed by your healthcare provider or **Public Health Authority**.
- ▶ Watch for worsening symptoms, such as fast breathing, difficulty breathing, confusion, an inability to recognize you, chills from fever or fever that will not come down with fever-reducing medication (e.g. ibuprofen, acetaminophen) for more than 12 hours.
- ▶ **IF YOUR CHILD DEVELOPS SEVERE SYMPTOMS, CALL 911 OR YOUR LOCAL EMERGENCY NUMBER**
- ▶ If calling an ambulance, tell the dispatcher that the child has COVID-19. If going to the hospital in a private vehicle, call ahead to the hospital and let them know that the child has COVID-19.

## Keep hands clean

- ▶ **Wash your hands** and those of your child often with soap and water for at least 20 seconds, especially after any type of contact with the child (e.g. changing diapers) and after removing gloves.

- ▶ If soap and water are not available and if your hands do not look dirty, use an alcohol-based sanitizer (ABHS) that contains at least 60% alcohol. If hands look dirty, remove dirt with a wet wipe first, then use ABHS.
- ▶ Dry hands with disposable paper towels.
- ▶ If not available, use a reusable towel and replace it when it becomes wet. Do not share.
- ▶ Avoid touching your eyes, nose and mouth with unwashed hands and encourage your child not to touch their face, either.

## Avoid spreading infection to others

- ▶ Your child should remain in your home or in a monitored outdoor space, should not play with friends or go to school or to public areas, and should not be within 2 metres of others if possible.
- ▶ Do not share personal items with the child, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- ▶ Do not share food and drinks.
- ▶ Use a separate bathroom from the child if possible. If not possible, put the toilet lid down before flushing.
- ▶ For breastfeeding mothers: given the health benefits to your child from breastfeeding, it is recommended that you continue breastfeeding. Wear a face mask to avoid exposure to the disease.
- ▶ If you are feeding with formula or expressed milk, sterilize the equipment carefully before each use and do not share bottles or a breast pump.



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## Keep your environment clean

- ▶ Place used face masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- ▶ Place possibly contaminated laundry into a container with a plastic liner and do not shake. Wash with regular laundry soap and hot water (60-90°C), and dry well. Clothing and linens belonging to the child can be washed with other laundry. Gloves and a face mask should be worn when in direct contact with contaminated laundry.
- ▶ At least once daily, use an **approved hard-surface disinfectant** to disinfect surfaces that people in the home touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes). Clean touch screens with 70% alcohol wipes

## Protect yourself

- ▶ Only one healthy person should provide care for the child, but everyone in your home should follow this guidance.
- ▶ People who are at higher risk of serious illness from COVID-19 should not care for a child with COVID-19. These include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems.
- ▶ If you need to be within 2 metres of the child, wear a face mask, disposable gloves and eye protection.
- ▶ Do not re-use face masks or gloves.
- ▶ If possible, the child should also wear a face mask when you are caring for them and be encouraged not to touch their face or mask.

## Monitor yourself for symptoms

- ▶ Monitor yourself for symptoms and follow any advice provided by your local public health authority about **self-isolating**.
- ▶ If you develop even mild symptoms, **isolate** yourself as quickly as possible and contact your local **Public Health Authority** for further instructions.

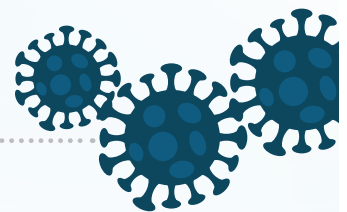
## Maintain these supplies

- Face masks (do not re-use)
- Eye protection (face shield or goggles) for use by caregiver
- Disposable gloves (do not re-use) for use by caregiver
- Disposable paper towels
- Tissues
- Waste container with plastic liner
- Thermometer
- Over the counter medication to reduce fever (e.g. ibuprofen or acetaminophen)
- Running water
- Hand soap
- Alcohol-based hand sanitizer containing at least 60% alcohol
- Dish soap
- Regular laundry soap
- Regular household cleaning products
- One-step cleaner/disinfectant
- Hard-surface disinfectant, or if not available, concentrated (5%) liquid bleach and a separate container for dilution
- Alcohol prep wipes



**WE CAN ALL DO OUR PART IN  
PREVENTING THE SPREAD OF COVID-19.  
FOR MORE INFORMATION:**

Visit [Canada.ca/coronavirus](https://Canada.ca/coronavirus) or contact **1-833-784-4397**





# CORONAVIRUS DISEASE (COVID-19) PREGNANCY, CHILDBIRTH AND CARING FOR NEWBORNS: ADVICE FOR MOTHERS



COVID-19 is a new disease and we are still learning how it affects pregnant women. There is currently no evidence that suggests pregnant women are at a higher risk of becoming seriously ill from COVID-19. There is currently no evidence that a developing child could be negatively affected by COVID-19.

Throughout pregnancy, women experience changes in their bodies that may increase the risk of other illnesses, such as viral **respiratory infections**. This is why it is important for pregnant women, especially those at high risk of developing severe complications, should take the following precautions to protect against the possibility of becoming ill:

- ▶ **Stay home** as much as possible, except for important medical appointments.
- ▶ **Talk to your doctor, obstetrician or midwife** about the possibility of telephone or videoconference appointments.
- ▶ **Avoid unnecessary** visitors to your home.
- ▶ **Wash your hands** often with soap and water for at least 20 seconds or, if not available, use alcohol-based hand sanitizer.
- ▶ **Practice physical distancing**. Keep a distance of at least two metres from others.
- ▶ **Avoid touching** your mouth, nose, and eyes.
- ▶ **Avoid crowded places and peak-hours**. Make limited trips to the store for essentials
- ▶ **Avoid travel by public transit**.

If you have travelled outside of Canada, had close contact with someone who has or is suspected to have COVID-19 in the last 14 days, you need to **self-isolate**.

If you have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19, you must **isolate at home**.

## Childbirth

There is currently **no evidence of mother-to-child transmission** through childbirth when the mother gets COVID-19 in the third trimester.

- ▶ If you plan to give birth in a hospital or birth centre, learn about the policies in place.
  - Most hospitals and birth centres have reduced visitors or a no-visitor policy.
  - In most cases, only one support person may be permitted.
  - Your support person is not considered a visitor.
- ▶ If you plan to give birth at home, talk to your midwife about:
  - whether homebirths are still an option in your province or territory during the pandemic; and
  - precautions to take to ensure your home environment is safe.
- ▶ If you have COVID-19, talk to your health care provider about the preferred birth plan. The birth plan should be individualized and based on your preferences, the safety of the care provider, as well as obstetric recommendations.
- ▶ Your health care provider will consult perinatal (immediately before birth), neonatal (after birth), infectious disease and intensive care specialists, as required.



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## Breastfeeding

If you or your **child** have suspected, probable or confirmed COVID-19, you can stay together in the same room if preferred, especially during the establishment of breastfeeding.

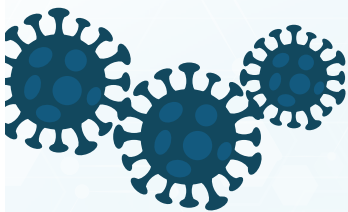
Breastfeeding lowers your baby's risk of infection and illness throughout infancy and childhood. The virus that causes COVID-19 has not been found in breast milk and it is unlikely that COVID-19 can be transmitted while breastfeeding.

If you have suspected, probable or confirmed COVID-19, you must **isolate yourself** in your home as much as possible; this includes practicing **physical distancing** in your home, with the only exception being the baby. You should take all possible precautions to avoid spreading the virus to your baby, which includes:

- ▶ **Wash your hands** often, especially before and after touching your baby or your other children.
- ▶ Wear a face mask that covers your mouth and nose. **Homemade fabric masks** are not medical devices. There is no evidence they protect you from virus-sized particles.
- ▶ Ensure the environment around you is clean and disinfected with **approved hard-surface disinfectants**.

If you are too ill to breastfeed, you are encouraged to:

- ▶ Feed the child with formula or expressed milk
- ▶ Ask an uninfected adult to feed the baby
- ▶ If using a breast pump, sterilize the equipment carefully before each use
- ▶ Don't share bottles or breast pump



## Visitors

Visitors should be restricted or avoided during the period of physical distancing. You do not want anyone to inadvertently expose you to the virus. It is especially important not to have visitors if you or your child have suspected, probable or confirmed COVID-19.

## Mental Health

Parents and caregivers who may need to be separated from their children, and children who may need to be separated from their primary caregivers as a result of illness from COVID-19, should consult appropriately trained health or non-health workers for mental health and psychosocial support. Contact your local **Public Health Authority** for assistance.

**If you have concerns about COVID-19, talk to your doctor, obstetrician or midwife.**

## FOR RESOURCES ON COVID-19 AND PREGNANCY, VISIT:

.....  
[www.sogc.org](http://www.sogc.org)

## FOR MORE INFORMATION ON CORONAVIRUS:

.....  
1-833-784-4397      [Canada.ca/coronavirus](http://Canada.ca/coronavirus)

# CORONAVIRUS DISEASE (COVID-19)

## TAKING CARE OF YOUR MENTAL HEALTH



### FEELINGS OF FEAR, STRESS AND WORRY ARE NORMAL IN A CRISIS

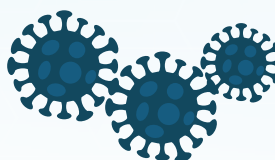
The COVID-19 pandemic is new and unexpected. This situation can be unsettling and can cause a sense of loss of control. It is normal for people and communities to feel sad, stressed, confused, scared or worried. People may react in different ways. Some common feelings may include:

- ▶ Fear of becoming ill or infected with COVID-19, or infecting others
- ▶ A sense of being socially excluded or judged by others
- ▶ Fear of being separated from loved ones due to isolation or physical distancing
- ▶ Feelings of helplessness, boredom, loneliness and depression as a result of isolation or physical distancing
- ▶ Fear of losing your job or not being able to work and struggling financially
- ▶ Concern about your children's education and wellbeing

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### CARE FOR YOUR MENTAL AND PHYSICAL WELLBEING

- ▶ Stay informed but take breaks from social media, watching, reading, or listening to news stories
- ▶ Practice **physical distancing**, but stay connected. Talk to friends or family about your feelings and concerns through email, phone calls, video chats and social media platforms
- ▶ Practice mindfulness. Take deep breaths, stretch or meditate
- ▶ Try to eat healthy meals, exercise regularly, and get plenty of sleep
- ▶ Consider how to take advantage of any unexpected flexibility in your daily routine
- ▶ Focus on the positive aspects of your life and things you can control
- ▶ Be kind and compassionate to yourself and others
- ▶ If you can, minimize substance use. If you do use substances, practice safer use and good hygiene



## YOU'RE NOT ALONE—ASK FOR HELP IF YOU FEEL OVERWHELMED

If you need additional support, call your primary health provider, a registered psychologist or other mental health provider in your community.

If you are in crisis, please contact:

### HOPE FOR WELLNESS HELP LINE

Call the toll-free Help Line at  
**1-855-242-3310** or connect to [the online chat](#).

Available to all **Indigenous peoples across Canada** who are seeking immediate crisis intervention.

Experienced and culturally competent Help Line counsellors can help if you want to talk or are distressed.

Telephone and **online** counselling are available in English and French. On request, telephone counselling is also available in Cree, Ojibway and Inuktitut.

### CRISIS SERVICES CANADA

**1-833-456-4566**

Available to **all Canadians** seeking support. Visit [Crisis Services Canada](#) for the distress centres and crisis organizations nearest you.



### KIDS HELP PHONE


**1-800-668-6868** or  
Text **CONNECT** to **686868**

Available to **young Canadians between 5–29 years old** who are seeking 24-hour confidential and anonymous care with professional counsellors.

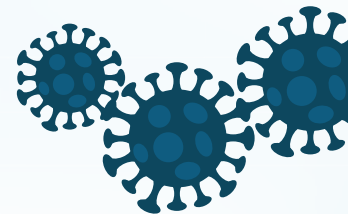
Download the **Always There app** for additional support.

## IF YOU THINK YOU MIGHT HAVE SYMPTOMS, USE THE COVID-19 SYMPTOM SELF-ASSESSMENT TOOL

### FOR MORE INFORMATION ON CORONAVIRUS:

 **1-833-784-4397**

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







# JORDAN'S PRINCIPLE

## Putting First Nations Children First

In memory of Jordan River Anderson, who was a young boy from Norway House Cree Nation in Manitoba; Jordan's Principle ensures all First Nations children living in Canada can access the products, services and supports they need, when they need them. Funding can assist with a wide range of health, social and educational needs.

**Have a question, concern or request you would like to submit through Jordan's Principle during the Covid-19 pandemic? You can contact the Jordan's Principle Service Coordinator for your area.**

**Rachael Stockdale, BSW**

Jordan's Principle Service Coordinator for:

- Millbrook First Nation and surrounding areas
- Off-reserve and float areas for all of mainland Nova Scotia (excluding HRM)

Phone: (902) 324-0496

Email: [rstockdale@cmmns.com](mailto:rstockdale@cmmns.com)



**Call/Facetime appointments available, please email, text or call to book an appointment!**

**Urgent request/questions can be made any day throughout the week!**





# COVID-19 RESOURCES

## FEDERAL SUPPORTS FOR INDIVIDUALS

### COVID-19 Economic Response Plan

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

#### **Support for individuals and families**

The Government of Canada is providing an extra \$300 per child through the Canada Child Benefit (CCB) for 2019-20. This benefit will be delivered as part of the scheduled Canada Child Benefit payment in May. Those who already receive the Canada Child Benefit do not need to re-apply.

For more information on the Canada Child Benefit, visit: [Canada Child Benefit](#)

#### **Support for people facing unemployment**

**EI** - Canada's Employment Insurance program is available for Canadian workers who have been laid off and have been paying into EI benefits. For more information, including eligibility criteria, visit: <https://www.canada.ca/en/employment-social-development/programs/ei.html>

**CERB** - This Government of Canada COVID-19 emergency aid measure is aimed help get financial relief to Canadians quickly and efficiently. It is a taxable benefit that pays \$2,000 per month for up to four months, retroactive to March 15. For more information, including eligibility criteria, visit <https://www.canada.ca/en/services/benefits/ei/cerb-application.html>

You need a "My Account" through the Canada Revenue Agency to apply for the Canada Emergency Response Benefit (CERB). Here's a short and video showing you how you can register for the My Account: [https://www.youtube.com/watch?v=xW\\_1xRux6bw&feature=youtu.be](https://www.youtube.com/watch?v=xW_1xRux6bw&feature=youtu.be)

Register for My Account: <https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html>.

#### **Support for people who need it most**

A one-time special payment will be provided by early May through the [Goods and Services Tax credit](#) for low- and modest-income families. The average additional benefit will be close to \$400 for single individuals and close to \$600 for couples. There is no need to apply for this payment. If you are eligible for the Goods and Services Tax credit, you will get it automatically.

For more information on the Goods and Services Tax Credit, visit: [Goods and Services Tax credit](#)

#### **Extra time to file income tax returns**

The Government of Canada is also deferring the filing due date for the 2019 tax returns of individuals. For individuals the return filing due date will be deferred until June 1, 2020. Canada will also allow any new income tax balances due, or instalments, to be deferred until after August 31, 2020 without incurring interest or penalties. *Be advised, if you expect to receive benefits under the Goods and Services Tax credit or the Canada Child Benefit, do not delay filing your 2019 return to ensure that your entitlements are properly determined.*

For more information on filing income tax returns, visit: <https://www.canada.ca/en/services/taxes/income-tax.html>

*This document is intended to be a quick access resource to help identify possible provincial and federal supports*

*\*Updated as of April 2, 2020 \*\*Document will be updated and distributed weekly*

*\*\*\* All information collected and provided in this document was sourced from publicly available websites*

1-833-784-4397

**FOR MORE INFORMATION**

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



# COVID-19 RESOURCES

## FEDERAL SUPPORTS FOR INDIVIDUALS

### COVID-19 Economic Response Plan

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

#### **Mortgage support**

Canadian banks have committed to work with their customers on a case-by-case basis to find solutions to help them manage hardships caused by COVID-19. Canadians who are impacted by COVID-19 and experiencing financial hardship as a result should contact their financial institution regarding flexibility for a mortgage deferral. This allows flexibility to be available – when needed – to those who need it the most.

For more information, visit: <https://cba.ca/mortgage-deferral-to-help-canadians-experiencing-financial-hardship-due-to-covid-19>

#### **Support for seniors**

Reducing the required minimum withdrawals from Registered Retirement Income Funds (RRIFs) by 25% for 2020.

For more information, visit: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-retirement-income-fund-rrif.html>

#### **Support for students and recent graduates**

Effective March 30, the Government of Canada is placing a six-month interest-free moratorium on the repayment of Canada Student Loans for all student loan borrowers. No payment will be required and interest will not accrue during this time. Students do not need to apply for the repayment pause.

For more information, visit: <https://www.csnpe-nslsc.canada.ca/>

#### **Mental Health Supports**

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. It is available 24 hours a day, 7 days a week to offer counselling and crisis intervention

Call the toll-free Help Line at **1-855-242-3310** or connect to the online chat at [hopeforwellness.ca](https://hopeforwellness.ca).

#### **Access to Affordable Internet**

Families who are receiving the maximum Canada Child Benefit may be eligible under the Connecting Families Initiative to access more affordable internet services. For more information, visit:

<https://www.ic.gc.ca/eic/site/111.nsf/eng/home>

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# NOVA SCOTIA COVID-19 RESOURCES

**Nova Scotia Government Updates:** <https://novascotia.ca/coronavirus>

## Information for Individuals and Families

### Access Nova Scotia

Only urgent Registry of Motor Vehicles transactions are available at the Amherst, Bridgewater, Dartmouth, Kentville, Stellarton, Sydney and Yarmouth locations by appointment. You need to call **1-800-670-4357** to make an appointment. Other locations and in-person services are unavailable until further notice.

### Child Care Subsidy Program

Helps eligible families pay for childcare at licensed child care facilities or family home day cares administered by a family home day care agency.

**General Inquiries: 1-844-804-2084**

**Online:** <https://www.ednet.ns.ca/earlyyears/families/childcaresubsidy.shtml>

### Courts

Visit the [Nova Scotia Courts website](#) for information about court services and scheduling.

### Educational Resources

A dedicated learning website for families is available at: <https://curriculum.novascotia.ca/learning-home>

### Food Banks/Food Security

For information on food banks/food security in your local area, please contact Feed Nova Scotia

**Information Line: 1-902-457-1900**

**Online:** <https://www.feednovascotia.ca/>

*United Way* is offering COVID-19 Atlantic Compassion Grants to address the most pressing needs in the Atlantic region. The program is coordinated through United Way Halifax and each regional United Way office across the region has an application process. Applications are due by **April 3, 2020**. <https://gmsenbunitedway.ca/atlantic-compassion-fund/> (please see the United Way website for your area).

*Breakfast Club of Canada* COVID-19 Special Grant Application:

<https://www.breakfastclubcanada.org/covid-special-grant-application/>

### Income Assistance

Every individual and family member on income assistance will receive an additional \$50 starting Friday, 20 March. Individuals currently on income assistance will receive the payment automatically and do not need to apply

**Information Line: 1-877-424-1177**

**Online:** [https://www.novascotia.ca/coms/employment/income\\_assistance/index.html](https://www.novascotia.ca/coms/employment/income_assistance/index.html)

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# NOVA SCOTIA COVID-19 RESOURCES

**Nova Scotia Government Updates:** <https://novascotia.ca/coronavirus>

## Information for Individuals and Families

### Mental Health and Wellness

The Mental Health Provincial Crisis Line is available 24/7 to anyone experiencing a mental health or addictions crisis, or someone concerned about them, by calling **1-888-429-8167**.

*Kids Help Phone* is available 24/7 by calling **1-800-668-6868**.

### Support for Seniors

Community Links and Seniors' Safety Programs are programs that respond to the needs of vulnerable older adults across the province. Government of Nova Scotia is investing \$230,000 in these programs to expand their capacity to provide more supports and services. If you need non-emergency, non-medical help, **call 211** or visit [ns.211.ca](https://ns.211.ca).

### Student Loans

Nova Scotia Student Loan payments are paused until 30 September 2020. You don't need to make any payments, and your loans won't accrue interest. The suspension is automatic – you don't need to apply.

### Tenants

Under the new measures (announced March 19), tenants cannot be evicted because their income has been affected by COVID-19, effective immediately, for the next three months. For eviction information/concerns, contact Nova Scotia Legal Aid (<https://www.nslegalaid.ca/>) or, Dalhousie Legal Aid (<https://www.dal.ca/faculty/law/dlas.html>). Additionally, Nova Scotia Legal Aid hosts an online chat on its website, nslegalaid.ca, every Wednesday from 3- 5pm.

### Vehicle Registrations and Driver's License Renewal

All vehicle registrations expiring 31 December 2019 and later are extended until 31 August 2020

All driver licenses expiring in March, April and May are extended until 31 August 2020.

### Provincial Programs and Services

To find services and programs offered by local community groups, non-profits and government departments, contact 211 Nova Scotia at: **Phone:** dial "2-1-1" / **Text:** 211 / **Online:** <http://ns.211.ca/>

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# NOVA SCOTIA COVID-19 RESOURCES

**Nova Scotia Government Updates:** <https://novascotia.ca/coronavirus>

## Information for Businesses

### **Atlantic Canada Opportunities Agency**

Businesses that are impacted by sudden shifts in the economy are strongly encouraged to get in touch with ACOA officials at **1-800-565-1228**

### **Business Navigators**

Business Navigators are available to help Nova Scotia businesses with any questions they may have. They can be reached Monday to Friday, 8 am to 5 pm at **1-844-628-7347**, **902-424-4475** or by email at [BusNavigation@novascotia.ca](mailto:BusNavigation@novascotia.ca)

### **Business and non-profit registration renewals**

[Business and non-profit registration renewals](#) with Registry of Joint Stock Companies expiring in March, April and May are extended until 30 June 2020. **Inquiries: 1-800-225-8227**

### **Changes to payments**

Government will defer payments until June 30 for all government loans, including those under the Farm Loan Board, Fisheries and Aquaculture Loan Board, Jobs Fund, Nova Scotia Business Fund, Municipal Finance Corp. and Housing Nova Scotia.

Government will defer payments until June 30 for small business renewal fees, including business registration renewal fees and workers compensation premiums (a list of fees will be posted online early next week).

Changes to the Small Business Loan Guarantee Program, administered through credit unions, include deferring principal and interest payments until June 30, enhancing the program to make it easier for businesses to access credit up to \$500,000, and for those who might not qualify for a loan, government will guarantee the first \$100,000.

Small businesses which do business with the government will be paid within five days instead of the standard 30 days.

*This document is intended to be a quick access resource to help identify possible provincial and federal supports*

*\*Updated as of April 2, 2020    \*\*Document will be updated and distributed weekly*

*\*\*\* All information collected and provided in this document was sourced from publicly available websites*

1-833-784-4397

**FOR MORE INFORMATION**

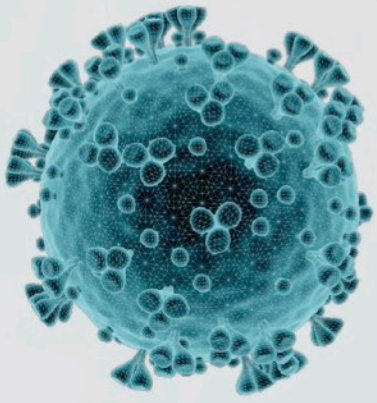
[canada.ca/coronavirus](https://canada.ca/coronavirus)

### COVID-19 (Corona Virus) Funding Relief Opportunities

**ATTENTION MILLBROOK BAND MEMBERS:** The following is a list of funding opportunities available to the public. They range from provincial, federal and charitable opportunities. We encourage you to read through the list and determine which opportunities you are eligible for. These are difficult times and we are not sure what the future will bring. What is clear is that all levels of government and charities are willing to help.

NOTE: The Millbrook band is not authorized to apply on behalf of its members. If you plan on applying for **Food bank and food security services, Home Energy Assistance Top-up (HEAT Fund), Cell phones for the most vulnerable, or the Canadian Emergency Response Benefit (CERB)** it would be beneficial to apply at your soonest convenience, to ensure your success with the application

A more detailed report (**COVID-19: Appendix A**) has been prepared separately, which contains the in-depth descriptions of the funding opportunities listed below, as well as links to the application forms and websites. If you have questions regarding the available opportunities, please refer to the Funder’s contact information provided in **“COVID-19: Appendix A.”**



#### For Individuals (Band Members)

- Feed Nova Scotia: Food Bank and Food Security Services
- Government of Canada: Canada Child Tax Benefit (CCB)
- Government of Canada: Canada Student Loans
- Government of Canada: Employment Insurance (EI)
- Government of Canada: Goods and Services Tax credit (GSTC)
- Government of Canada: Income Tax Deferral
- Nova Scotia Government: Income Assistance (IA)
- Nova Scotia Government & Telus: Cell phones for the most vulnerable
- Salvation Army: Home Energy Assistance Top-up (HEAT Fund)

Funder	Program	Eligible Recipients	Description/Conditions	Amount Available	Date Effective
Feed Nova Scotia	Food bank and food security services	If you live in Nova Scotia and need food for yourself or your family	Province donated \$1M to the food bank.	N/A	Now
Government of Canada	Canada Child Tax Benefit (CCB)	Those currently receiving CCB. Those eligible to receive.	Additional \$300/child Those who already receive the Canada Child Benefit do not need to re-apply.	Additional \$300/child	Starts with May's CCB payment

Government of Canada	Canada Student Loans	Students currently enrolled in school and graduates with active student loans accounts.	To support student and apprentice loan borrowers during the COVID-19 pandemic, the Government of Canada has announced its plan to pause the repayment of Canada Student Loans and Canada Apprentice Loans until September 30, 2020, with no accrual of interest.	N/A	March 30 <sup>th</sup>
<b>Government of Canada</b>	Employment Insurance (EI)	Those currently receiving EI Those eligible to apply for EI	Service Canada is removing the one-week waiting period for EI sickness benefits for new claimants who are quarantined so they can be paid for the first week of their claim  People claiming EI sickness benefits due to quarantine will not have to provide a medical certificate  People who cannot complete their claim for EI sickness benefits due to quarantine may apply later and have their EI claim backdated to cover the period of delay	Undefined  Dr. Ian Johnson said the rates were increased, but to what extent is unknown.  Maybe the clause "up to 15 weeks of income replacement?"	Now
<b>Government of Canada</b>	Goods and Services Tax credit (GSTC)	Low- and modest-income families living in Canada.  Average benefit will be ~\$400 for single individuals and ~\$600 for couples.	No need to apply.  One-time payment.	~\$400-\$600	Early May
<b>Government of Canada</b>	Income Tax Deferral	Those required to file their income taxes.	For individuals (other than trusts), the return filing due date will be deferred until June 1, 2020.	N/A	N/A
<b>Nova Scotia Government</b>	Income Assistance	Those receiving and eligible to receive provincial income assistance	Every individual and family member on income assistance will receive an additional \$50 starting Friday, 20 March.	+\$50	March 20 <sup>th</sup>
<b>Nova Scotia Government</b>	Cell phones for the most vulnerable	N/A	Government is partnering with Telus to provide 100 phones and calling plans to the most vulnerable Department of Community Services clients who have no other means of communication, and who may be self-isolated and alone.	N/A	Now





<b>Salvation Army (Funded by donation)</b>	<b>Home Energy Assistance Top-up (HEAT Fund)</b>	<p>You live in Nova Scotia and are within the following low-income threshold:</p> <ul style="list-style-type: none"> <li>\$21,487 for one-person households, \$39,926 for two to four person households, and</li> <li>\$56,861 for households of five or more individuals.</li> </ul> <p>If your household is experiencing an emergency heating situation.</p>	<p>Formerly known as "The Good Neighbour Program."</p> <p>They require a bill in the recipient's name.</p> <p>Funds are paid to the name on the bill.</p> <p>They require government ID (they said status card is acceptable).</p> <p>The band cannot apply on behalf of someone else.</p> <p>One-time support payment</p>	<p>Maximum \$400 for individuals and families.</p>	<p>ASAP</p>
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**For Employers and/or Employees**

Government of Canada: Canadian Emergency Response Benefit (CERB)  
 Government of Canada: Emergency Management Fund  
 Government of Canada: F.N. Community Guide on Accessing Additional Supports  
 Government of Canada: Indigenous Community Support Fund  
 Government of Canada: Temporary Wage Subsidy for Employers  
 United Way (Funded by donation): Atlantic Compassion Fund

<b>Funder</b>	<b>Program</b>	<b>Eligible Recipients</b>	<b>Description/Conditions</b>	<b>Amount Available</b>	<b>Date Effective</b>
<b>Government of Canada</b>	Canadian Emergency Response Benefit (CERB)	Workers who must stop working due to COVID19 and do not have access to paid leave or other income support.	Can not be accessed if individual is receiving EI.	\$2,000 a month for up to 4 months	Within 10 days of application



<p><b>Government of Canada</b></p>	<p>Temporary Wage Subsidy for Employers</p>	<p>You are an eligible employer if you:</p> <ul style="list-style-type: none"> <li>• are a non-profit organization, registered charity, or a Canadian-controlled private corporation (CCPC);</li> <li>• have an existing business number and payroll program account with the CRA on March 18, 2020; and</li> <li>• pay salary, wages, bonuses, or other remuneration to an employee</li> </ul>	<ul style="list-style-type: none"> <li>• mental health assistance and emergency response services.</li> </ul> <p>Three-month measure that will allow eligible employers to reduce the amount of payroll deductions required to be remitted to the Canada Revenue Agency (CRA).</p>	<p>The subsidy is equal to 10% of the remuneration you pay between March 18, 2020, and June 20, 2020, up to \$1,375 per employee and to a maximum of \$25,000 total per employer.</p>	<p>Now</p>
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Millbrook Housing Repair Grant  
2020/21  
Application Form  
PO Box 634, Truro NS B2N 5E5

Office use only: Received this \_\_\_\_\_ day of \_\_\_\_\_ A. D. 2020/21  
Band Administrator or his designate: \_\_\_\_\_

Please Select: Mail \_\_\_\_\_ Pick Up \_\_\_\_\_

Application Name: \_\_\_\_\_

Band #: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

All Millbrook Band Members are entitled to apply for the Millbrook Housing Repair Grant.

For every housing unit (except private rentals) occupied by Applicant, a reimbursement of up to \$500.00 will be made to the homeowner for repairs once this year. This applies only if you do not qualify or do not receive Social Assistance.

Application date for this housing initiative begins April 1, 2020. Receipts dated before April 1, 2020 will not be accepted. This program expires when the \$70,000 funding for this project runs out.

**Original receipts are necessary and must be dated within that year, with applicant's name (IMPRINTED ON RECEIPT/INVOICE FROM SUPPLIER), excluding labour.**

Housing units that are private rentals are not eligible for repairs.

Allowable Housing Repairs:

- Roofs including coating and flashing
- Exterior doors and windows including storm/screen doors.
- Heating systems including boilers (hot water or steam), forced air furnaces, chimneys and related components.
- Domestic hot water tanks, septic tanks and tile beds
- Stoves and refrigerators
- Toilets and tubs
- Smoke detectors
- Construction materials

Housing Unit must be in the name or owned by Applicant.

\_\_\_\_ Off Reserve Home Owner, Documents attached showing home ownership.

\_\_\_\_ On Reserve, Band Allotment Documents at Band Office.

\_\_\_\_ Original Receipts Attached

Signature of Applicant

Date

Office use only: Approved ( ) Not Approved ( )  
Band Administrator: \_\_\_\_\_

