

➤ **Do I need to stop working in order to protect my child with CF from getting COVID-19?**

At this time, your CF Clinic does **not** recommend that all parents of children with CF need to stop working in order to protect their child's health. There will be some exceptions to this and we are assessing this on a case by case basis.

➤ **Are there financial supports to help families at this time?**

Yes, there are provincial and federal benefits that have been put in place to support families in a variety of situations; **these are being updated frequently- the most updated information should be outlined in the links below.**

1. **The new Canada Emergency Response Benefit:** this is for caregivers staying home to care for your children due to school or daycare closure. It provides a taxable benefit of \$2,000 a month for up to 4 months to working parents who must stay home without pay to care for children that are sick or need additional care because of school and daycare closures:

https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#new_canada_emergency_response_benefit

2. **COVID-19 Provincial Support and Information**

The [BC Emergency Benefit for Workers](#) provides a one-time \$1,000 payment for people who lost income.

You can find information on the link below outlining the:

- Temporary rent supplements, halting evictions and freezing rents.
- BC Hydro & ICBC- deferred payments
- 'How to' Personally prepare for staying home
- BC Emergency Benefit and much more.

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

➤ **Are there supports for my/ my child's emotional wellness?**

Supporting Kids through the COVID-19 Crisis

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Moderated Online Platform for Youth (10-18years) with Chronic Illness to Connect

www.upopolis.com

Guide to Living With Worry And Anxiety Amidst Global Uncertainty (for adults)

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Cystic Fibrosis and COVID-19

<https://www.cysticfibrosis.ca/about-cf/covid-19-qa-for-cf-community/general-covid-19-questions-answers>