

COVID-19 Information



Local:

Greater Victoria:

- [Island Health](#)
- [Capital Regional District](#)
- [District of Saanich](#)

Municipalities:

- [City of Victoria](#)
- [Central Saanich](#)
- [Colwood](#)
- [Esquimalt](#)
- [Highlands](#)
- [Langford](#)
- [Metchosin](#)
- [Oak Bay](#)
- [North Saanich](#)
- [Sidney](#)
- [Sooke](#)
- [View Royal](#)

Indigenous Communities:

- [Esquimalt Nation](#)
- [Songhees Nation](#)
- [Tsartlip Nation](#)
- [Tsawout Nation](#)
- [Victoria Native Friendship Centre](#)



Provincial:

- [BC CDC](#)
- [HealthLinkBC](#)
- [First Nations Health Authority](#)
- [Provincial Health Officer](#)
- [#COVID19 Resources for BC Businesses](#)
- BC Coronavirus Line: [1-888-COVID19](#) (7:30am-8pm) 📞 Or text [604-630-0300](#)
- BCCDC Coronavirus Line: [1-833-707-2792](#)
- [BC COVID-19 Dashboard](#)

National:

- [Government of Canada](#)
- [Assembly of First Nations](#)
- [National Coronavirus Line: 1-833-784-4397](#)
- [COVID-19 Fraud Alert](#)
- [CBC Coronavirus Tracker](#)
- [Economic Impacts in Canada](#)

Global:

- [World Health Organization](#)
- [Johns Hopkins](#)
- [Our World in Data](#)
- [The World Bank](#)
- [nCoV2019.live](#)
- [COVID-19 Forecasting](#)
- [WEF Strategic Intelligence](#)

Additional Resources:

- [Coronavirus Explained](#) (animated overview)
- [*The Day When Everything Stopped*](#) (picture/activity book)
- [Ask a Librarian: COVID-19](#)
- [Indigenous Rights Radio](#)
- [COVID-19 Link Database](#)
- [COVID-19 consumer impact tracker](#)
- [COVIDbase](#)
- [Modeling COVID-19 Spread vs Healthcare Capacity](#)
- [LitCovid](#)
- [UBC COVID-19 Wiki](#)
- [SAGE Coronavirus Collection](#)
- [UpToDate COVID-19 Information](#)
- [Evidence Aid Collection](#)
- [SDSN Data and COVID-19](#)
- [Data4SDGs COVID-19 Resources](#)
- [Data in the time of COVID-19](#)

Printable Guides:

- [Government of Canada Resources](#)
- [COVID-19 Translated Resources](#)
- [Save The Children's Resource Centre](#)
- [Stay Sane / Stay Safe](#) (printable posters)

Online Resources



Health & Safety Information:



Physical health:

- [Support & Self-Assessment](#)
- [COVID-19 Symptom Check](#)
- [Advice For Caregivers](#)
- [Harm Reduction Guidance](#)
- [BCCSU Substance Use & COVID-19](#)
- [Homemade Mask Considerations](#)
- [Homemade Hand Sanitizer Concerns](#)

For kids & parents:

- [*The Day When Everything Stopped*](#) (picture/activity book)
- [*Exploring the New Coronavirus: A Comic Just For Kids*](#)



Mental health:

General resources:

- [Wellness Together Canada](#)
- [Care For Your Coronavirus Anxiety](#)
- [Coping With Coronavirus](#)
- [Self-Care & Resilience Guide](#)
- [Mental Health & the COVID-19 Pandemic](#)
- [WellCan](#)

Free online courses:

- [Living Life to The Full](#)
- [Managing Your Mental Health During COVID-19](#)

For parents, kids, & teens:

- [Storybook for Children on COVID-19](#)
- [Helping Children Cope](#)
- [Talking to Children & Teens About COVID-19](#)



Translated resources:

- [COVID-19 FAQ](#)
- [Posters & Booklets](#)



Virtual care:

- [Medimap](#)
- [Maple](#)
- [Tia Health](#)

- [**Babylon**](#)
- [**Access Virtual**](#)
- [**VirtualMED**](#)



Online chat:

- [**Crisis Centre**](#) [for adults] (Noon to 1am)
- [**YouthInBC**](#) (Noon to 1am)
- [**Youthspace**](#) (6pm to midnight)



Food planning & safety:

- [**ChooseMyPlate Food Planning Guide**](#)
- [**For Consumers, Servers, & Growers**](#)
- [**BCCDC Food Safety Guidelines**](#)



Workplace safety:

- [**Occupational Health & Safety**](#)
- [**BCEDA Coronavirus Planning Guide**](#)
- [**Practical Workforce Strategies**](#)



End-of-life planning:

- [**Canadian Virtual Hospice Resources**](#)
- [**Island Health Resources**](#)
- [**The Conversation Project**](#)
- [**Plan Your Lifespan**](#)



Emergency preparedness:

- [**Public Health Agency Household Preparedness**](#)
- [**CRD Emergency Preparedness Workbook**](#)
- [**VictoriaReady Emergency Preparedness**](#)
- [**PrepareBC Emergency Guides**](#)
- [**CDC Home Readiness Guide**](#)
- [**Hesperian Community Health Guides**](#)



Disaster Resilience:

- [**Ushahidi**](#) (crisis mapping)
- [**disaster.radio**](#) (solar [**mesh network**](#))
- [**Basic Amateur Radio Course**](#) (pdf book)
- [**Canadian Red Cross: Coping With Crisis**](#)



Support (Home & Personal):



Grocery delivery and pick-up:

- [CSA/CSS Food Box Program](#)
- [Victoria Online Farmers' Markets](#)
- [Moss Street Market Vendor Delivery Info](#)
- [Esquimalt Farmer's Market Pick-Up/Delivery Info](#)
- [SPUD.ca](#)
- [Lifestyle Markets](#)
- [The Market](#) (limited phone orders)
- [Thrifty Foods](#)
- [Save-On-Foods](#)
- [Instacart](#)
- [Walmart Grocery Delivery](#)
- [Bulk Barn](#) (pick-up)



Medication delivery and pick-up:

- [London Drugs](#)
- [Rexall](#)
- [Shoppers Drug Mart](#)
- [Pharmasave](#)
- [Quadra Village Pharmacy](#)



Mental health and substance use:

- [Island Health](#)
- [Mental Health and Substance Use Supports in B.C.](#)
- [Canadian Mental Health Association Resources](#)
- [Kids Help Phone](#)
- [YMCA Youth Mindfulness Groups](#) (Ages 18-30)
- [Foundry BC](#)
- [Youth Support Services](#)



Financial relief:

- [Find the Benefits Relevant to You](#)
- [The Capital Guide to COVID-19 Benefits and Assistance](#)
- [Government Financial Supports List](#)
- [Canada Emergency Response Benefit](#)
- [Resources Available to Assist Canadians](#)
- [Accessing EI Factsheet](#)
- [BC Tax Changes](#)

- **[Credit Counselling Society Resources](#)**

For renters and homeowners:

- **[BC Hydro COVID-19 Relief](#)**
- **[Supporting renters & landlords](#)**
- **[Temporary Rental Supplement](#)**
- **[FAQ for Landlords and Tenants](#)**

For students:

- **[StudentAidBC Support](#)**



Services for seniors:

- **[Safe Seniors, Strong Communities](#)**
- **[Silver Threads Services For Seniors](#)**
- **[QVCC Senior's Entitlement Services](#)**
- **[Free Webinars for Seniors](#)**
- **[Seniors 101 Covid-19 Tips & Humor](#)**
- **[Better Meals Food Delivery](#)**
- **[Canadian Coalition for Seniors' Mental Health](#)**



Food and shelter:

- **[BC211 Victoria Shelter List](#)**
- **[Cool Aid Services & Resources](#)**
- **[Street Community Survival Services](#)**
- **[Coalition to End Homelessness](#)**
- **[BC Housing](#)**



Indigenous communities:

- **[Indigenous Community Support Fund](#)**
- **[Hulitan Resources List](#)**
- **[FNHA Mental Health & Cultural Supports](#)**
- **[Keepers of the Earth Fund](#)**



Disability assistance:

- **[VDRC: 250-595-0044](#)** (ext. 101) or **[email](#)** (**[Zoom peer support](#)**).
- **[ARCH Disability Law Centre Recommendations](#)**
- **[CLBC Updates & Information](#)**



Newcomers, immigrants, & refugees:

- **[IRCC Services Updates](#)**
- **[Arrive COVID-19 News & Guides for Newcomers](#)**
- **[Inter-Cultural Association of Victoria Updates](#)**

- **VENC: Pandemic Survival Series** (for women)



Families & parents:

- **Family Support Institute of BC**
- **Child Care Assistance**
- **Emergency Fund for Children with Special Needs**
- **1Up Victoria Single Parent Resource Centre**
- **Jewish Family Services of Vancouver Island**
- **Esquimalt Military Family Resource Centre**
- **Saanich Neighbourhood Place Assistance**



For those who are bereaved and grieving:

- **Victoria Hospice Resources**
- **BC Bereavement Helpline**
- **Canadian Virtual Hospice**
- **Grief During COVID-19 Resources**
- Discuss mortality with others through a virtual **Death Cafe**.
- **Isolated, but not alone.**



Public security:

- **Vic PD Online Crime Reporting**



Support (Work & Education):



For health care practitioners:

- **YYJ Healthcare Workers Housing**
- **HospitalHero**
- **MakersAgainstCorona**
- **Free access to Headspace Plus**
- **Palliative Care & Hospice Open Discussion**
- **Worldwide Empathy For Medics**



For those in need of work:

- **YYJobs**
- **The Chamber Job Board**
- **Victoria Job Opportunities**
- Other companies that are **Still Hiring**



For artists, performers, and freelancers:

- [BC Alliance Arts & Culture Resources List](#)
- [Arts and Culture Resilience Supplement](#)
- [CBC List for Artists & Freelancers](#)
- [CBC Creative Relief Fund](#)
- [Unison Fund](#) (for musicians)
- [COVID-19 Freelance Artist Resources](#)
- [BC Culture Online COVID-19 Updates](#)
- [Vancouver Island Creatives Slack Network](#)
- [PeoplePerHour](#) (job listings)
- [Emergency Survival Fund for LGBTQ2S artists, performers, tip-based workers](#)



For businesses:

- [YYJLocalsForLocals Business Assistance](#)
- [Tiny Victoria Small Business Relief Fund](#)
- [Save Small Businesses Petition](#)
- [BC Hydro COVID-19 Relief Fund](#)
- [Canada Summer Jobs Program Changes](#)
- [VIEA COVID-19 Video Conference Series](#)
- [Resources Available to Assist Canadians](#)
- [BC Women's Enterprise Centre Resources](#)
- [Studio Robazzo Tips & Help Offered](#)
- [Build a "Buy Online, Pickup Curbside" Store](#)
- [Corona Carecard](#)
- [Remote Work Deals](#)
- [#COVID19 Resources for BC Businesses](#)
- [Additional Resources](#)



For food growers and sellers:

- [Local Line Online Farmer's Market Support](#)
- [CRFAIR COVID-19/Food Security Resources](#)
- [Liquor delivery allowance](#)



For educators & students:

- [National Student Loans Service Centre Update](#)
- [BC Culture Online Resources](#)
- [Coronavirus Tech Handbook](#)
- [Coursera for Campus](#)
- [UNESCO Remote Learning Solutions List](#)
- [The Journal Free Resources List](#)
- [JSTOR Collections](#)
- [Online Teaching Resources](#)

- **Kolibri** (offline app for universal education)
- **Epic Remote Student Access** (free through June 30th)
- **Adobe Creative Cloud Access**
- **Skillshare** (2 months free for students)



Community Aid Initiatives:



Offer & Request Support:

- **Purposely.ca**
- **Coming Together App**
- **Share the goods.**
- **Victoria QT2SBIPOC Community Mutual Aid**
- **YYJLocalsforLocals** (for businesses)
- **Things That Are Open: Local Offers**
- **Quadra Village Community Centre**
- **Saanich Neighbourhood Place Assistance**
- **Coming Together Vic West**



Facebook required:

- **COVID-19 Coming Together Group**
- **Esquimalt Farmers Market Online Marketplace Group**
- **Fernwood Yoga Den Online Community**



Slack required:

- **Vancouver Island Creatives**



Information Resources:

- **CFYS COVID19 Resource Hub**
- **Active Community Resources**
- **Community Connect**
- **Building Resilient Neighbourhoods**
- **Quarantine Digital Care Package**
- **PSA Regarding COVID-19: A Warning**
- **Oaklands Community Association**
- **Fernwood NRG**
- **Pandemic Community Resources**
- **Street Survival Services**
- **COVID-19 Response Team (Langford)**
- **YMCA Vancouver Island Wellness Resources**
- Victoria Reddit: **How Are You Holding Up?**



News Highlights



Local:

- [Community Connect](#)
- [CFYS: Positive Stories](#)
- [Mo's Daily Briefing](#)



Global:

- [Johns Hopkins University](#)
- [Tildes Coronavirus Aggregator](#)
- [Positive Coronavirus News \(+\)](#)



Analysis:

- [Can't I please just visit one friend?](#)
- [Should Everyone Wear A Mask In Public? Maybe—But It's Complicated](#)
- [Why I'm not making COVID19 visualizations, and why you \(probably\) shouldn't either](#)
- [Why Did The World Shut Down For COVID-19 But Not Ebola, SARS Or Swine Flu?](#)
- [Why It's So Freaking Hard To Make A Good COVID-19 Model](#)
- [A Failure, But Not of Prediction](#)



Additional Resources:

- [wikiHow COVID-19 Guides](#)



Health & Safety:

[COVID-19 Health & Illness Resources](#) ↗

The team at Canadian Virtual Hospice has gathered links on COVID-19 that may be useful to people working in healthcare and to members of the public who are living with an advanced illness or who are caring for someone with an advanced illness. These resources are not a substitute for medical advice. This page will be updated on an ongoing basis.

[COVID-19 Pandemic Response Resources](#) ↗

Fact sheets and other resources to support the health and well-being of communities impacted by COVID-19.

Where There Is No Doctor ↗

The most widely-used health care manual for health workers, educators, and others involved in primary health care and health promotion around the world. Current edition includes updated information on malaria, HIV, and more.

A Global Mental Health Livestream ↗

Using the power of art, media and digital technology, we're on a mission to transform how the world perceives mental health. And in doing so, create a safer and more inclusive future for sufferers everywhere.



Work, Education, & Tech Help:

Coronavirus Tech Handbook ↗

A library for technologists, civic organisations, public and private institutions, researchers, educators and specialists of all kinds to collaborate on an agile and sophisticated response to the coronavirus outbreak and subsequent impacts. It is a rapidly evolving resource with thousands of active expert contributors.

Covid-19 Tech Support ↗

We are a community of over 800 tech volunteers supporting Covid-19 efforts worldwide. From IT requests for mutual aid groups to organising tech teams to build Covid-19 projects, we want to remove technical obstacles and pressure during this difficult time.

COVIDbase ↗

The goal of COVIDbase is to link people who have skills to relevant projects and to inspire new ideas. We created COVIDbase after seeing a lot of various efforts happening in different places and wanted to see all the projects in one spot. While many projects are not open to join, such as pharma or government efforts, we believe they're important to stay abreast of and inspired by.

Remote Work Deals ↗

COVID-19 is impacting small businesses and employees across the world, many with limited resources to cope with the effects of the outbreak. The companies on this list are offering deals and discounts for their products to help businesses and employees cope with the dramatic and sudden change in work.

Distributed Collaboration Manual ↗

This manual wants to make your distributed work smooth, enjoyable and efficient. Smooth and enjoyable collaboration is a group exercise, you cannot solve it on your own: you will learn how to make your colleague's experience smooth and enjoyable, which is basically about "being a good citizen" of your organization.



Made with care by a community member in self-isolation.

Please feel free to distribute this document.

