

I lost my job.		
<i>Did you pay into Employment Insurance and do you work about 700 hours** in the last 52 weeks?</i>	Yes	No
	<p>Apply for EI Regular Benefits</p> <p>Step 1: Ask your employer for a RECORD OF EMPLOYMENT.</p> <p>Step 2: Apply (even if you don't have your ROE yet)</p> <p>If you can apply online (computer or mobile phone) go to: https://www.canada.ca/en/services/benefits/privacy-notice.html</p> <p>If you can't apply online, call 1-800-O-Canada (1-800-622-6232).</p> <p>DO NOT GO TO A SERVICE CANADA OFFICE IF YOU ARE ILL OR IN SELF-ISOLATION</p> <p>Important to know:</p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). **SEE LINKS ON THE LAST PAGE</p>	<p>Emergency Support Benefit</p> <p>Step 1: Get ready to apply</p> <p>If you can apply online (computer or mobile phone) go to and make sure you have a MyAccount with the Canada Revenue Agency:</p> <p>https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html</p> <p>If you can't apply online, there will be a dedicated 1-800 number you can call. Keep listening to the news or, in early April, call 1-800-O-Canada (1-800-622-6232).</p> <p>DO NOT GO TO A SERVICE CANADA OFFICE IF YOU ARE ILL OR IN SELF-ISOLATION</p> <p>Important to know:</p> <p><u>You DO NOT need a doctor's note for COVID-19.</u></p> <p>You can prove your identity to the government faster online if you use online banking through your bank or credit union.</p> <p>Check the labour rules on job protection for your province or federally (if you work in banking, transportation, telecommunications or other federally regulated industries). **SEE LINKS ON THE LAST PAGE</p>
	<p>What you could receive:</p> <p>Between 14 and 45 weeks of payments (directly into your bank account) worth up to 55% of your pay in your last job or \$573 per week, whichever is less.</p>	<p>What you could receive:</p> <p>Stay tuned for more details.*</p>
	<p>Find out more:</p> <p>https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit.html</p>	<p>More information coming soon.*</p>

**The exact hours depends on where you live. If you have access to a computer or mobile phone, use this search tool to find out the rules where you live: https://srv129.services.gc.ca/ei_regions/eng/postalcode_search.aspx

*We don't know the exact details yet because Parliament has to pass a new law to make this possible.