

Canada Recovery Sickness Benefit



The Canada Recovery Sickness Benefit (CRSB) is extending until May 7, 2022. The maximum number of weeks you can apply for also increases to **6 weeks**.

- [Full details about the CRSB](#)

Eligibility

▼ Who is eligible for the Canada Recovery Sickness Benefit?

The Canada Recovery Sickness Benefit will be available to residents in Canada who are present in Canada for the week in which they are applying for the Benefit and:

- were at least 15 years of age on the first day of the period
- have a valid Social Insurance Number (SIN)
- have a total income of at least \$5,000 for 2019, 2020, 2021, or in the 12-month period preceding the day on which they make their first application for this benefit, from 1 or more of the following sources:
 - employment income
 - self-employment income, or
 - employment Insurance (EI) maternity or parental benefits or Quebec Parental Insurance Plan (QPIP) benefits
- were unable to work for at least 50% of the time they would have otherwise worked or devoted to their work because:
 - they had or might have had COVID-19
 - they self-isolated on the advice of their employer, a medical practitioner, nurse practitioner, person in authority, government, or public health authority for any reason related to COVID-19, or
 - they have an underlying condition that in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority would make them more susceptible to COVID-19
- were not self-isolating or in quarantine due to international travel. Exceptions: **This does not apply to you if you were isolating because:**
 - you travelled for medical treatment certified by a medical practitioner
 - you accompanied a person who is incapable of travelling without assistance of an attendant to receive a medical treatment certified by a medical practitioner
 - you are an essential worker who travelled for reasons normally exempt from quarantine when you return to Canada (such as

health care workers or truck drivers who need to cross the border for work) but were required to this time

- was not in receipt of paid leave from an employer, and
- was not in receipt of the Canada Recovery Benefit (CRB), the Canada Recovery Caregiving Benefit (CRCB), short-term disability benefits, any Employment Insurance (EI) benefits, or Quebec Parental Insurance Plan (QPIP) benefits

Individuals are not required to have a medical certificate to qualify for the benefit.

▼ For how many weeks can I receive the Canada Recovery Sickness Benefit?

The Canada Recovery Sickness Benefit is available for a maximum of 6 weeks within the period from September 27, 2020 to May 7, 2022.

The Benefit may be taken in 6 one-week periods.

▼ Do I have to use up any other sick leave I have before I can apply for the Canada Recovery Sickness Benefit?

No.

You may apply for the Canada Recovery Sickness Benefit even if you have access to other paid sick leave through your employer, the Employment Insurance program, private insurance or another source.

However, you may not claim the Canada Recovery Sickness Benefit for the same period in which you are receiving any EI benefits or another form of paid leave.

▼ Why is the Sickness benefit restricted only to COVID-related sick leave?

The Canada Recovery Sickness Benefit is available to ensure that eligible workers who are unable to work because they are sick, under quarantine, must self-isolate due to COVID-19 or are more susceptible to COVID-19 due to an underlying condition, have access to up to 6 weeks of income support so that they can take time off from work and avoid putting themselves or others in the community at risk. This delivers on the Government of Canada's commitment as part of the Safe Restart Agreement with provinces and territories.

In addition to the availability of the Canada Recovery Sickness Benefit, through temporary changes to the Employment Insurance program, until September 24, 2022, workers will require only 420 hours of insurable employment in the 52 weeks before the start of their claim or

since the start of their last claim, whichever is shorter, to qualify for EI sickness benefits. If eligible, these benefits can be used for illnesses including but not limited to COVID-19.

▼ People can get infected with COVID more than once – if I have used up my 6 weeks, can I reapply for additional weeks if I get COVID again?

No.

The Canada Recovery Sickness Benefit is available for up to 6 weeks, which may be taken in 6 one-week periods between September 27, 2020 and May 7, 2022.

▼ Am I eligible for the Benefit if I have to self-isolate but am able to work from home?

No.

To be eligible for the Canada Recovery Sickness Benefit, you must have a minimum 50% reduction in scheduled work per week as a result of illness and/or quarantine related to COVID-19.

If you are able to work from home for more than 50% of your scheduled work per week you will not be eligible.

▼ Can I receive the Canada Recovery Sickness Benefit if I choose to stay home to avoid catching COVID-19 but was not advised to do so by a medical professional?

No.

You are eligible for up to 6 weeks of the Canada Recovery Sickness Benefit if you are either sick with COVID-19, have been directed to self-quarantine by your employer, a medical practitioner, a nurse practitioner, a person in authority, a government or a public health authority for reasons related to COVID-19, or have underlying conditions that in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority would make you more susceptible to COVID-19

▼ If I am advised by person in authority to stay home to avoid catching COVID-19, can I receive the Canada Recovery Sickness Benefit?

Yes.

You are eligible for up to 6 weeks of the Canada Recovery Sickness Benefit if you are either sick with COVID-19, have been directed to self-quarantine by your employer, a medical practitioner, a nurse practitioner, a person in authority, a government or a public health authority for reasons related to COVID-19, or have underlying

conditions that in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority would make you more susceptible to COVID-19

▼ I already received CRSB for 2 weeks in the fall of 2020, the maximum number of weeks available at that time. I was also sick for a week due to COVID at the end of January 2021. Can I apply retroactively?

Yes, but you must apply for that week within 60 days from the beginning of the last week in which you were working and stopped working due to COVID-19. On March 15, 2021, the maximum number of weeks that can be claimed under the CRSB was increased from 2 weeks to 4 weeks and again from 4 to 6 weeks, effective December 17, 2021. Retroactive applications within 60 days can be requested on the CRSB website.

Access

▼ Am I required to provide a doctor's note to access the Canada Recovery Sickness Benefit?

No.

You are not required to have a medical certificate to qualify for the benefit, as long as you meet all eligibility criteria.

▼ If I work shift work, how do I calculate the 50% reduction in my work week?

To qualify for the Canada Recovery Sickness Benefit, you must be unable to work at least 50% of their normal work schedule because you are sick, quarantined or have been directed to self-isolate due to COVID-19.

For example, if you normally work 35 hours per week, you would be eligible if you can only work 17.5 or fewer hours.

▼ Why do I have to use a full week's worth of Benefit if I am only required to isolate myself for 2 or 3 days, for example while waiting for test results?

The Canada Recovery Sickness Benefit is a temporary income support program to enable workers to stay home if they are unable to work because they are sick or potentially exposed to COVID-19 or at greater risk if exposed to COVID-19. The Government has put the emphasis on providing quick and direct access, which has required a simplified approach to delivery of the benefit. As a result, it is not possible to provide the benefit for periods of less than a week.

▼ If I am sick for reasons related to COVID-19, should I apply for the Canada Recovery Sickness Benefit or Employment Insurance (EI) Sickness benefits?

If you are sick or must self-isolate due to COVID-19 and are eligible for both Employment Insurance sickness benefits and the Canada Recovery Sickness Benefit, you can choose which benefit you want to claim.

However, you can't get both EI sickness benefits and the Canada Recovery Sickness Benefit for the same period.

Canada Recovery Caregiving Benefit

i The Canada Recovery Caregiving Benefit (CRCB) is extending until May 7, 2022. The maximum number of weeks you can apply for also increases to **44 weeks**.

- [Full details about the CRCB](#)

Eligibility

▼ Who is eligible for the Canada Recovery Caregiving Benefit?

The Canada Recovery Caregiving Benefit will be available to residents in Canada who are present in Canada for the week in which they are applying for the Benefit and who:

- are at least 15 years of age on the first day of the period
- have a valid Social Insurance Number
- had a total income of at least \$5,000 for 2019, 2020, 2021, or in the 12-month period preceding the day on which they make my first application for this benefit, from 1 or more of the following sources:
 - employment income
 - self-employment income, or
 - Employment Insurance (EI) maternity or parental benefits or Quebec Parental Insurance Plan (QPIP) benefits
- was unable to work for at least 50% the time they would have otherwise worked or devoted to their work because of 1 of the following reasons:
 - had to take care of a child who was under 12 years of age on the first day of the period for which they are applying because:
 - their school or other facility that they normally attended was closed, open only certain times, or open only for certain children for reasons related to COVID-19

- they could not attend school or other facility that they normally attend under the advice of a medical practitioner or nurse practitioner who is of the opinion that the child would be at high risk of having serious health complications if they contract COVID-19
- they were in isolation on the advice of a medical practitioner, nurse practitioner, person in authority, government or public health authority for reasons related to COVID-19
- they contracted or might have contracted COVID-19, or
- the individual who usually provided care for the child was not available for reasons related to COVID-19
- had to provide care to a family member who requires supervised care because:
 - their day program or facility that they normally attended was closed, open only certain times, or open only for a certain persons for reasons related to COVID-19
 - they could not attend the day program or other facility that they normally attend under the advice of a medical practitioner or nurse practitioner who is of the opinion that the family member would be at high risk of having serious health complications if they contract COVID-19
 - they were in isolation on the advice of a medical practitioner, nurse practitioner, person in authority, government or public health authority for reasons related to COVID-19
 - they contracted or might have contracted COVID-19, or
 - the care services that are normally provided to the family member at their normal place of residence were not available for reasons related to COVID-19
- are the only individual from their household claiming the Canada Recovery Caregiving Benefit
- are not applying for a week that would exceed the 44-week maximum per household
- was not in receipt of paid leave from an employer
- was not in receipt of the Canada Recovery Benefit (CRB), the Canada Recovery Sickness Benefit (CRSB), short-term disability benefits, any Employment Insurance (EI) benefits, or Quebec Parental Insurance Plan (QPIP) benefits

▼ For how many weeks can I receive the Canada Recovery Caregiving Benefit?

Each household can receive up to 44 weeks of benefits within the period of September 27, 2020 and May 7, 2022.

You may share the 44 weeks with other caregivers who live in the same house, as long as only 1 of you is claiming the Canada Recovery Caregiving Benefit for any given period. No matter how many people in the same house claim the Benefit, together you cannot get more than 44 weeks in total in the period from September 27, 2020 to May 7, 2022.

▼ Do I need to use up all my vacation and/or any other types of leave I have before I can apply for the Canada Recovery Caregiving Benefit?

No.

You do not have to use all other leave before applying for the Canada Recovery Caregiving Benefit.

You cannot receive the Canada Recovery Caregiving Benefit for the same period in which you are getting any other paid benefits, including EI Benefits or paid leave.

▼ Am I eligible if my child's school is open but I choose not to send them back as I don't feel it is safe?

No.

If you choose to stay home to care for your children if the childcare centre/school is open, you are not eligible to receive the Canada Recovery Caregiving Benefit.

An exception is where the child would, in the opinion of a medical practitioner or nurse practitioner, be at risk of having serious health complications if the child contracted COVID-19. In this situation, you would be eligible to receive the Canada Recovery Caregiving Benefit, as long as you meet the other eligibility criteria.

To be eligible for the Canada Recovery Caregiving Benefit, you must have a minimum 50% reduction in scheduled work per week and the childcare centres/schools must be closed or not available to them due to COVID-19 or the child must be sick and/or directed to quarantine by a medical professional.

▼ Am I eligible if my child's school is open but I choose not to send them back because we have family members who are immuno-compromised?

No.

If you choose to keep your children at home if the childcare centre/school is open to them, you are not eligible to receive the Canada Recovery Caregiving Benefit.

An exception is where the child would, in the opinion of a medical practitioner or nurse practitioner, be at risk of having serious health complications if the child contracted COVID-19. In this situation, you

would be eligible to receive the Canada Recovery Caregiving Benefit, as long as you meet the other eligibility criteria.

▼ Am I eligible if my child is over the age of 12?

No.

The Canada Recovery Caregiving Benefit is only available to those providing care for children under the age of 12.

Situations may exist where a child over the age of 12 has unique needs that mean they cannot stay alone and require special supervised care while you are working. If that care is not available due to COVID-19, you may be eligible for the Benefit.

▼ Am I eligible for the Benefit if I have to provide care but am able to work from home at the same time?

No.

To be eligible for the Canada Recovery Caregiving Benefit, you must have a minimum 50% reduction in scheduled work per week.

▼ My child's school is open but they only attend part-time, and study from home the rest of the time, so I have to be there to care for them. Am I eligible?

To be eligible for the Canada Recovery Caregiving Benefit, you must have a minimum 50% reduction in scheduled work per week because the childcare centres/schools must be closed or not available to them due to COVID-19 or the child must be sick and/or directed to quarantine by a medical professional.

Access

▼ What evidence will I be required to provide to prove that alternate care arrangements are not available?

Eligibility for the Canada Recovery Caregiving Benefit is attestation based. It will be up to you to confirm that you meet the eligibility criteria.

You may be asked to provide supporting documentation at the time of application or at a later date.

▼ Can my partner and I living in the same household take the Canada Recovery Caregiving Benefit at the same time if we both stay home from work? What if we are separated and share custody?

Only 1 individual in a household may receive the Canada Recovery Caregiving Benefit at any 1 point in time.

You could share the maximum number of weeks with your partner. However, in total, the household is only eligible for a total of 44 weeks within the period from September 27, 2020 to May 7, 2022.

In the case of shared custody, an individual in another household is also eligible for a maximum of 44 weeks as the maximum duration is determined by household, not by the individual requiring care.

▼ Can I apply for other EI benefits while receiving the Canada Recovery Caregiving Benefit?

No.

You cannot receive the Canada Recovery Caregiving Benefit for the same period in which you are getting any other paid benefits, including EI Benefits or paid leave.

▼ What if my partner and I need to stay home for different reasons – for example, I am taking care of our child/children while my partner takes care of elderly parents – can we both get the Canada Recovery Caregiving Benefit?

No.

Only 1 individual in a household may receive the Canada Recovery Caregiving Benefit at any 1 point in time.

You could share the maximum number of weeks with your partner. However, in total, the household is only eligible for a total of 44 weeks within the period from September 27, 2020 to May 7, 2022.

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