

***Hurt or sick because of your job?  
Have COVID-19?***

Here's how to get help ▶

Occupational  
Health Clinics  
for Ontario  
Workers Inc.



Centres de  
santé des  
travailleurs (ses)  
de l'Ontario Inc.



## You have a right to compensation for lost wages or medical costs if you get hurt or sick because of your job.

- ▶ **Tell your employer** – however small it seems. Tell your co-workers too, if that feels right or it's COVID.
- ▶ **Get medical help right away** – at a community health centre, walk-in clinic, hospital.
- ▶ **Tell the Ontario WSIB\***. Call: 1-800-387-0750.  
When you reach an agent, ask to speak to someone in your language. Ask OHCOW, a community group, legal aid clinic or your consulate for help to make a claim.

\*Ontario workers' compensation agency



*continued...*

- ▶ Your employer and doctor also must fill out forms about your case. Ask for copies.
- ▶ If approved, benefits include replacing wages, medical expenses (here or in your home country), and more.
- ▶ If your claim is turned down, you can appeal. Legal aid clinics help with this.
- ▶ If you need medical information or help, OHCOW is set up to do that for workers.



**Legal aid clinics can help with claims and appeals. For more information contact:**

**IAVGO**  
Community Legal  
Clinic

Toll-free:  
**1-866-521-8535**

**Local Legal Aid Clinic**

Find the nearest one: 1-800-668-8258

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Community groups can help too:

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**Occupational Health Clinics for Ontario Workers (OHCOW)**

Text, WhatsApp or Call:  
**1-289-684-2821**



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