



OH COW

Occupational Health Clinics
for Ontario Workers Inc.

***Hurt or sick because
of your job?***

Have COVID-19?

Here's how to get help





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

Community groups can help too:



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Provincial eMail: mfw@ohcow.on.ca

Website: www.ohcow.on.ca