

Employment Insurance (EI) benefits

To qualify for any EI program, you must have worked enough “insurable hours” in your qualifying period. Your qualifying period is normally the 52 weeks before you apply.

	Who’s eligible?	Amount and how to apply	Notes
EI regular benefits	• you lost your job through no fault of your own • you have at least 420 to 700 insurable hours ¹ • you’re ready, willing, and able to accept work • you’re actively looking for work	• 55% of your weekly income up to \$729 a week • lasts up to 45 weeks ²	1. The number of hours you need depends on the unemployment rate in your region: srv129.services.gc.ca/eiregions/eng/rates_cur.aspx 2. Claims that start between June 15, 2025, and June 12, 2027, may get up to 65 weeks of EI regular benefits. Read more: stepstojustice.ca/apply-ei
EI sickness benefits	• you have at least 600 insurable hours • your weekly earnings went down by more than 40% • you’re not able to work because you’re sick, injured, or in quarantine ³	• 55% of your weekly income up to \$729 a week • lasts up to 26 weeks	3. You will need medical proof of your sickness or injury.
EI maternity benefits	• you have at least 600 insurable hours • you’re pregnant or recently gave birth ⁴ • your weekly earnings went down by more than 40%	• 55% of your weekly income up to \$729 a week • lasts up to 15 weeks	4. You can start 12 weeks before your due date or the day you give birth. You can get the benefits for up to 17 weeks after you give birth.

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EI parental benefits	• you have at least 600 insurable hours • you recently had a child or recently adopted a child ⁵ • your weekly earnings went down by more than 40%	Standard benefits (35 weeks): • 55% of your weekly income up to \$729 a week Extended benefits (61 weeks): • 33% of your weekly income up to \$437 a week	5. You must use the standard leave within 52 weeks of your child's birth or adoption, or within 78 weeks if you take an extended leave.
EI caregiving benefits	• you have at least 600 insurable hours • you must be caring for a person who's critically ill, injured, or needs end-of-life care ⁶ • you're caring for someone you consider to be like family	• 55% of your weekly income up to \$729 a week • lasts up to 15 weeks if the sick person is over 18 • lasts up to 35 weeks if the sick person is under 18 • lasts up to 26 weeks if the sick person needs end-of-life care	6. A doctor or nurse practitioner must certify that the person is critically ill or injured, or needs end-of-life care.

For more on EI, visit stepstojustice.ca/emp-ins. This is general information for people in Ontario, Canada. It's not legal advice.

Cette publication est également disponible en français.

Vous pourriez avoir droit à des services en français du gouvernement et des fournisseurs désignés. Visitez justicepasapas.ca/droits-linguistiques-francophones.

For more details, read **Employment Insurance** at cleo.on.ca/EI.