

April 03, 2020



PLEASE POST

COVID – 19 UPDATE 2

Dear Brothers and Sisters,

With the rapid rise of the COVID – 19 Pandemic and so many new changes to Provincial and Federal Government programs that are available, there are many questions and concerns by the membership. The Local Union leadership (Executive, Support Staff and Local Representatives) along with Unifor National Reps and Unifor National Leadership are working to identify concerns and issues around this situation.

Reach out to the people you care about. Chances are you or someone you know is struggling with increased anxiety, elevated symptoms of depression or is struggling with an addiction. It is hard to know how to be supportive at the best of times, and isolation and quarantine create an added level of difficulty in supporting people you care about.

Reaching out to those experiencing mental illness during this time is as important as ever.

Unifor Mental Health Resources:

<https://www.unifor.org/covid19mentalhealth?fbclid=IwAR1px3Sg2YQ0QHoGjgCFQ3vEr8ljVJJ2dMJcvKC4TsfXDP66b8QnUewjmZo>

Check in with your friends, family, and colleagues and talk about mental health. Talk about the plans you might put in place to manage loneliness and how you will cope with this sudden way-of-life shift because of COVID-19. Make a plan to check in regularly and support each other through this crisis.

You and your family's monetary, physical and mental health is important so we are advising members to educate themselves and follow the protocols and advice from experts and to access the information that we are providing to our membership listed below. **Unifor's website is updated constantly as new information is provided. Unifor has many websites to direct you to for assistance.**

Resources:

Unifor COVID-19 Information and Resources: <https://www.unifor.org/covid19>

Unifor COVID-19 Frequently Asked Questions (FAQ):

https://www.unifor.org/sites/default/files/documents/document/covid-19_faq_en.pdf

Unifor Policy Demands: https://www.unifor.org/sites/default/files/attachments/covid-19_policypaper_v1_en_0.pdf

Government of Canada Outbreak Update: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Government of Canada Income Supports for Workers/Individuals:

<https://www.canada.ca/en/department-finance/economic-response-plan.html>

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Please also check the websites of your respective provinces for any additional provincial supports or resources that may be available to you.

BCCDC website for Health info about COVID-19: www.bccdc.ca

British Columbia Centre for Disease Control (BCCDC) website: <http://covid-19.bccdc.ca/>

Health Issues: Dial 811 and follow your Provincial Protocols

Mental Health Issues: Dial 211 or access your EAP benefits:

If you have any questions please contact your Local Union Representative.

Cynthia Anderson anderson@uniforblocals.ca , Linda Jensen jensen@uniforblocals.ca ,

Mark Mistic mistic@uniforblocals.ca and Nathan Shier nate@uniforblocals.ca

New Westminster Office 604.524.9457 1.800.841.5911

Follow phone directory to get to your Local Rep and if not available leave a message you will get a call back.

Employment Insurance questions: Barbie Zipp Cell # 1.250.881.3515 zipp.barbie@gmail.com

Gord McGrath President Local 114 mcgrath@uniforblocals.ca

Bill Gaucher Secretary Treasurer Local 114 gaucher@uniforblocals.ca

www.unifor114.com

Other useful websites with information

Federal Government Financial Support Resources:

Government of Canada COVID-19 Financial Assistance for Canadians Outside of Canada: <https://travel.gc.ca/assistance/emergency-info/financial-assistance/covid-19-financial-help>

Government of Canada Economic Plan & How to Apply for Support: <https://www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html>

COVID - 19 Employment and Social Development Canada Information Guide: <https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html>

Canada Revenue Agency COVID-19: <https://www.canada.ca/en/revenue-agency/services/covid-19-employee-info.html>

Provincial Government Financial Support Resources:

BC Preparedness Response: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-recovery/covid-19-provincial-support>

Income Assistance: <https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance>

Income Assistance Offices in the Lower Mainland: <https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/access-services#lowermainland>

Health & Preparation Resources:

COVID-19: Being prepared: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>

Government of Canada Symptoms & Treatments: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>

BC COVID-19 Symptom Self-Assessment

Tool: <https://covid19.thrive.health/?fbclid=IwAR1NzQXV3eUgFa5bSimQ2wiRpXVVMZc1LPbqp5fUNIDFIK1Sc7vjhcc4aB>

HealthLinkBC & 811: <https://www.healthlinkbc.ca/services-and-resources/about-8-1-1>

Other Useful Links:

World Health Organization Myth Busters: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

World Health Organization Public Advice: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Government of Canada, Community-based Measures: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/public-health-measures-mitigate-covid-19.html>