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PLEASE POST

## COVID – 19 UPDATE 22

Dear Brothers and Sisters,

Due to the rapidly changing circumstances surrounding COVID-19 and its impact on workers, program support criteria are subject to change. Be sure to visit [www.unifor.org/covid19](http://www.unifor.org/covid19) to download updated versions of the fact sheets available to our members and their families.

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**This will be our final Update in 2020**



From the Local Executive, Local Representatives and Staff we wish you all a wonderful Christmas and New Year.

However you celebrate the Holiday Season, please be safe, kind and understanding to those around you who may be alone or suffering from an illness. Reach out to family and friends if you can by mail, phone, text, or electronic conferencing. Remember to keep within your bubble.

If you know of anyone who needs assistance over the holiday season have them contact (or you call) the necessary agencies to get them the help they may need.

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<http://www.bc211.ca/help-lines/>

## 2-1-1

[211](#) is a free, confidential, multilingual service that links people to resources for help, where and when they need it. We provide information and referral for a broad range of programs and services, including:

- basic needs like food and shelter
- mental health and addictions support
- legal and financial assistance
- support for seniors, and much more.

Help is available to people anywhere in British Columbia, 24/7 by calling or texting 211.



<https://www.healthlinkbc.ca/mental-health-substance-use/resources/crisis-line>

## Crisis Line Association of BC

1) The Crisis Line Association of BC (CLABC) is the provincial association representing member crisis lines from across British Columbia. Members of CLABC provide emotional support, crisis and suicide assessment and intervention, and resource information.

2) Crisis line workers are trained in critical skills such as empathetic reflection, active listening, and collaborative problem solving. They use crisis and suicide assessment and intervention protocols that are based on recognized better practices. The following crisis line services are available:

- [1-800-SUICIDE \(1-800-784-2433\)](#): for individuals who are or know someone who is having thoughts of suicide. The service is available 24 hours a day, 7 days a week and in up to 140 languages. Operated in partnership with Crisis Intervention and Suicide Prevention Centre of BC.
  - [310-Mental Health \(310-6789 - no need to dial an area code\)](#): for individuals who would like emotional support, information and resources specific to mental health in British Columbia. The service is available 24 hours a day, 7 days a week and is toll-free anywhere in British Columbia (no need to dial an area code).
  - [Map of Crisis Lines](#): provides an interactive map to search for the direct number to local crisis line services in British Columbia. While 1-800-SUICIDE is available across the province and is designed to transfer callers to the local crisis line service closest to the community of the caller, in some instances individuals may prefer to contact the crisis line in their community direct.
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<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/plan-safe-holiday-celebration.html>

# COVID-19: Plan a safe holiday or celebration

## Want to join the effort to limit the spread of COVID-19?

- Safety advice to reduce your risk and help prevent the spread of COVID-19 during holidays and celebrations.

### On this page

- [Follow advice from your local public health authority](#)
- [When to stay home and away from others](#)
- [Think about the risks](#)
- [Safety precautions at gatherings](#)
- [Holiday travel](#)
- [Shopping during the holidays](#)
- [Mental health during the holidays](#)

### Follow advice from your local public health authority

- The safest way to celebrate or enjoy the holidays is with members of your immediate household. Your household is anyone who currently lives and shares common spaces in your housing unit. This can include family members as well as roommates or people who are unrelated to you.
- You may be planning to take part in a holiday celebration with people outside your immediate household. If so, check with the local [public health authority](#) to find out about:
  - gathering size limits
  - event cancellations
- The advice below should be considered with the advice of local public health authorities, not as a replacement. When making your holiday plans, assess the current COVID-19 activity in your community. This will help you decide if you should postpone, cancel or change your plans.

### When to stay home and away from others

- Stay home and away from others if you or a member of your immediate household:
  - have been diagnosed with COVID-19 or are waiting for the results of a lab test for COVID-19
  - have been in close contact with someone who has or is suspected to have COVID-19
  - are in [quarantine](#) or [isolation](#)

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- feel sick or have any [symptoms of COVID-19](#), even if mild
- have [returned from travel outside Canada](#) within the past 14 days
- have [returned from travel inside Canada to a province or territory that has quarantine requirements](#)

## Think about the risks

- [Check your personal risk level](#) and the risk level of your immediate household. Consider whether the activities you're planning to take part in are safe. If you're planning on going out during the holidays or for a celebration, plan lower-risk activities.
- No matter your level of risk, show kindness and respect to others by following [public health measures](#). For everyone's wellbeing, help limit the spread of COVID-19 during holidays and celebrations.

### Lower-risk level

### Higher-risk level

### People at risk of more severe disease

### Substance use

Consider limiting your use of alcohol and drugs. Substance use may cloud your judgement and limit your ability to follow public health measures.

## Safety precautions at gatherings

- You should keep holiday gatherings and celebrations within your immediate household. [Know how to limit the spread of COVID-19](#) if:
  - your public health authority allows it **and**
  - you choose to gather with those outside of your immediate household

### Before and after gathering

### If you're the host

## Holiday travel

- Canadian citizens and permanent residents should avoid non-essential travel outside Canada until further notice to limit the spread of COVID-19. If you must travel outside Canada during the holidays, check the latest [travel advice](#) before you leave to reduce your risk. Public health measures may be less strict than in Canada, putting you at greater risk of infection while abroad.
- Consider avoiding all non-essential trips within Canada, especially to areas that may have more COVID-19 spreading in communities. If you live in one of these areas, avoid travelling to celebrations.
- If you must travel within Canada, check with the [public health authority](#) at your final destination for more information on travel restrictions. Also consider the risks associated with your [mode of transportation](#) and take steps to limit spread.

Car

Public transportation

Rideshare, taxi or limo service

Air travel

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## Shopping during the holidays

- Follow [standard COVID-19 safety measures while shopping in public spaces](#). Wherever possible, shop online or use curbside pickup to reduce your risk of exposure. If you do shop in person:
  - plan ahead to avoid crowds
  - limit the number of people who shop with you when possible

## Mental health during the holidays

- Feelings of stress are common during the holidays and may be amplified by the COVID-19 pandemic. While it's normal to feel a range of emotions during this time, you may be experiencing:
  - worry about finances and gift-giving
  - sadness about breaking important family traditions or being away from loved ones
  - fear of getting sick with COVID-19 or of making others sick
  - family conflict resulting from differences in risk comfort level
- [Take care of your mental health](#). Try reaching out to a supportive friend or family member to talk about any difficult emotions you may be feeling.
- Know that it's okay to skip family gatherings to protect yourself, your family and your community.
- Let your loved ones know ahead of time if you don't feel comfortable gathering. Stay virtually connected to your friends and family through:
  - phone and video calls
  - emails
  - text messages
- If you live alone, consider spending the holidays with another household. Think about the risks and [follow gathering precautions](#).
- If you can, limit your use of substances. If you do use substances, consider ways to reduce your health risks.
  - [Canada's low-risk alcohol drinking guidelines](#)
  - [10 ways to reduce risks to your health when using cannabis](#) (PDF)
- Use the [Wellness Together Canada Portal](#) for help if you're experiencing social, mental health, emotional or substance use challenges.

## Related links

- [Going out: Personal and social activities during the COVID-19 pandemic](#)
- [Taking care of your mental and physical health during the COVID-19 pandemic](#)

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- [COVID-19: Travel restrictions, exemptions and advice](#)
- [Tips for holiday safety](#)
- [Holiday safety](#)
- [Holiday food safety](#)
- [Healthy eating for holidays and events](#)

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<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/social-interactions>



**BC Centre for Disease Control**

## Safer Social Interactions



Limit social activities to the people you live with. If you live alone, you can continue to spend time with one or two people from a different household. Essential visits can continue.

Social interaction and getting together with others in person and online is important to our wellbeing. At this time, British Columbians must limit in-person social gatherings to the people they live with. This is not the time to invite friends or family over to your home and do not go to someone else's home for a

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social visit. Using technology, such as video calls, to keep in touch with friends and family is a good option right now. The order is in effect until December 7, 2020 at midnight. **Find further details about the [order](#) and how it applies.**

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### What if I live alone?

If you live alone, you can spend time with one or two people who live in a different household who are part of your core "bubble" such as a partner, relative, close friend, or co-parent. Keep these people consistent and think of them as your immediate household.

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### Examples of social activities that should be avoided

- Having people over to your home or visiting people you don't live with at their home or vacation rental, indoors or outdoors such as for games, dinner or a backyard hangout.
- Playdates for children
- Hosting events or receptions indoors or outdoors
- Party buses and group limousines

### Examples of essential visits that can continue

- Providing care or services such as child care, tutoring, cleaning, repairs or moving.

## Getting Together Outside

You can go for a walk, bike ride or snow shoe outdoors with a friend or family member you don't live with if you can maintain a safe physical distance. Make sure these activities do not turn into social gatherings with a group meeting outside.

### [Outdoor sports](#)

## Getting Together Inside

Host virtual meetings, hangouts, family dinners or playdates for your kids to stay in touch.

You can continue to engage in social activities like going to a restaurant with the people you live with.

### [Restaurants](#)

### [Shopping and paying](#)

### [Gyms and fitness](#)

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## Remember

- **Physical distancing** is always important when you are with people outside your social group. Keeping a physical distance is the most effective way of preventing the spread of COVID-19.
- **Be patient** – you might have to wait longer than usual – for bathrooms, shops or restaurants, or for your children to use playground equipment.
- **Avoid spending time in person if someone is feeling unwell** - If any member of your household or social group is sick, or thinks they might be sick, they should not be spending time, in person, with others. People who have symptoms should refer to the [COVID-19 testing information](#) to determine if testing is appropriate and follow self-isolation guidelines.
- **Keep a record of the people you spend time with** – in the event someone does get COVID-19, knowing who you spent time with and where you've been will help public health with [contact tracing](#).
- **Practice good hand hygiene and respiratory etiquette**. Try to have hand sanitizer with you when you go out and cough or sneeze into your elbow. Wash your hands before you leave your home and as soon as you return.

## Additional Resources

- [Good Times Guide](#): A playbook for how to have fun and to keep each other safe and healthy.
- [Safer Celebrations](#): Information to consider to help make celebrations safer for everyone.

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**Unifor's website is constantly being updated 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>

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>

**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](http://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:**

## 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>



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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=IwAR1NzQXV3eUgFa5bSimQ2wiRpXVRMZc1LPbqp5fUNIDFIK1Sc7yjhcc4aB>

Health Link BC & 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>

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

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