

CAPE BRETON UPDATE

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Nova Scotia Government Website Updates

<https://beta.novascotia.ca/>

Dear Brothers & Sisters,

During this uncertain time, I want to personally reach out to each member and their families to reassure you that our union leadership is busy working to support the membership through this global pandemic. Our office and our partners are here to inform, assist and reassure you. We are all in this together.

Our Province

We want to remind everyone whether at work or at home to take healthcare professionals and government leaders advice and directives seriously related to covid-19 and:

- Practice physical distancing
- Wash hands often
- Avoid touching eyes, nose and mouth
- Practice good respiratory hygiene
- No social gatherings anywhere of more than 5 people
- If you have a fever, cough or difficulty breathing call 811
- If you have travelled outside the province within the last 14 days you must self-isolate for a minimum of 14 days upon return

Our provincial government has released the following information to keep in mind:

- Health officials are expecting to see community spread sometime soon
- The Capacity at the QE11 microbiology lab has doubled from 200 tests to approximately 400 per day
- The capacity at 811 has been increased with another 53 nurses and telehealth associates, there will now be 138 phone lines
- You have the ability to leave a voicemail for 811 nurses and they will call you back as soon as possible
- Virtual care is being expanded to allow doctors to practice remotely to minimize the need for people to leave their homes

We urge you to follow the advice only from our healthcare professionals and government leaders. At this time there are many myths and false claims spreading throughout social media. Below are some widely spread myths to keep in mind when accessing your health or the health of a loved one:

- Myth: Although President Trump has named Malaria treatment Hydroxychloroquine as a possible cure, researchers have claimed it is far too soon to begin using this drug
- Myth: You can protect yourself from Covid-19 by swallowing or gargling with essential oils, salt water or other substances
- Myth: A face mask and/or gloves will prevent you from getting Covid-19
- Myth: Vaccines against Pneumonia will prevent you from getting Covid-19 (this is an entirely new virus and treatment has not been tested as of yet).
- Myths: The Coronavirus only targets the elderly (False, the virus can affect anyone).

For more Covid-19 myths please visit: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

We must follow the advice of our Health Care Professionals and practice social distancing, avoid groups of 5 or more people, wash hands often and avoid touching your face and if you develop a new cough and/or fever seek medical advice via the online screening tool/call 811.

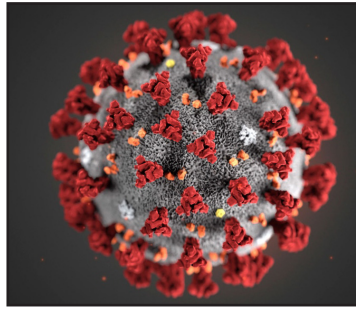
I look forward to everyone's healthy and safe return to work.

Sincerely,

Gordon Jacobs
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KNOW THE SIGNS!

Health Canada recommends the following procedures to increase proper hygiene and reduce the risk of infection or spreading infection to others:



- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food;
- use alcohol-based hand sanitizer if soap and water are not available;
- avoid touching your eyes, nose, or mouth with unwashed hands;
- when coughing or sneezing:
- cough or sneeze into a tissue or the bend of your arm, not your hand
- dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards

SYMPTOMS: The following are common symptoms of COVID-19:

- Fever
- Fatigue
- Dry cough
- Difficulty breathing

RISK: You are at a greater risk for COVID-19 if:

- You have recently travelled to a COVID-19-impacted area
- You have been in close contact with a confirmed or probable case of COVID-19
- You have been in close contact with a person with acute respiratory illness who has been to a COVID-19-impacted area

If you experience the symptoms above AND/OR you have a higher risk of developing COVID-19, please contact your health care provider. You can also call 811 to speak with a registered nurse.

OFFICE STATUS

Our office have closed to the public, however, administration is available by phone. If you have questions or concerns, please call **902-562-5130**. Our own team has had to make hard decisions about staffing balanced with safety and financial responsibility, but our phone line, email and fax are still monitored.

Coughlin & Associates

Coughlin & Associates have closed their offices, but have a team working remotely to answer your questions via email, visit Coughlin.ca for more information.

For claims inquires email: winnclaims@coughlin.ca and include your name, employer, member ID and reason for your inquiry.

Website:
<http://www.coughlin.ca>

Mental Health Resources:
<https://pcpeopleconnect.com/ACRC>

Family Assistance Program

Cornoavirus isn't just affecting our physical health but our mental health too. If you or your loved ones are experiencing any signs of mental health issues our Family Assistance Service with Homewood Health is available, you can access by calling 1-800-663-1142. If you have a hearing or speech impairment call 1-888-384-1152. If you are aware of a member that could benefit from this service, please share this information with them.

To stay up-to-date with all ACRC COVID-19 information at our website:

<http://www.acrc.ca/>



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