

# NEWFOUNDLAND AND LABRADOR UPDATE

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Newfoundland and Labrador  
Government Website Updates

<https://www.gov.nl.ca/covid-19/>

Dear Brothers and Sisters,

Our membership has been faced with a lot of change and work interruption in the last week because of the global health crisis with COVID-19. Most contractors have either finished or initiated temporary suspension of work on industrial and commercial job sites. Other employers such as hotels, fabrication shops, lumber yards and maintenance contractors are scaling back operations or closing their doors in an effort to keep workers, their families and the public safe.

At this time, your safety is the Atlantic Canada Regional Council's number one priority.

While our workforce has been drastically reduced in the past week, we still have members working at various commercial sites and industrial shops. Although we have been ensured by employers that they are putting safety protocols in place, I want to stress, if any worker feels he or she is not working under safe working conditions, they are advised to stop work, go to a safe place, notify the supervisor of the safety concern and contact your union representative at **1-709-364-5430 ext. 200**.

In the past couple of days, we have witnessed the number of positive cases climb in Newfoundland and Labrador and across the country. I 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 and
- if you have a fever, cough or difficulty breathing seek medical attention early

Additional up to date information can be found on the provincial and federal government websites [www.gov.nl.ca](http://www.gov.nl.ca) and [www.canada.ca](http://www.canada.ca).

It is important that we support each other and seek support if needed, during this global health crisis. If you feel like you could benefit from the **Employee and Family Assistance** service with Homewood Health, call 1-800-663-1142. If you have 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.

I want to thank our local executives, ACRC executive and EST Romero for their leadership. I also want to thank all of our members, stewards, staff, students, OAWA staff and our partners for your understanding and support for the brotherhood. We will get through this together.

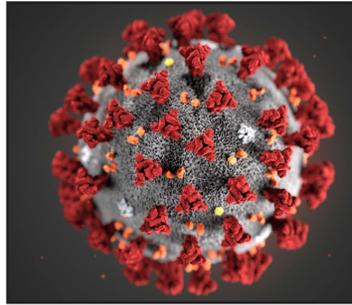
I look forward to your safe and healthy return to work.

Yours in solidarity,

Mike Williams  
Regional Manager Newfoundland & Labrador

## 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

All our Newfoundland and Labrador offices have closed to the public, however, administration is available by phone. If you have questions or concerns, please call **709-364-5430 ext. 200**. 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](http://Coughlin.ca) for more information.

For claims inquires email: [winnclaims@coughlin.ca](mailto: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

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/>



**ATLANTIC CANADA**  
REGIONAL COUNCIL OF CARPENTERS  
MILLWRIGHTS AND ALLIED WORKERS