

# NEWFOUNDLAND AND LABRADOR UPDATE

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Canadian Government  
Website Updates

<https://www.canada.ca/en.html>

Hello Brothers and Sisters,

I am writing to give you a brief update on work in our province since the outbreak of the COVID-19 disease as well as to remind you of support that is available for you.

As reported last week, the majority of projects have come to a halt until the pandemic is under control. There are still some members working in the commercial sector at various jobs throughout the province. As numbers of confirmed cases of COVID-19 rise in our province, so too does anxiety in the workplace and our daily lives about possible exposure. I can't stress enough the importance for workers to decide whether or not they are in a safe working environment. If there is any doubt, it is your responsibility to notify the supervisor of the safety concern and contact your union representative at **1-709-364-5430 ext. 200** or call OH&S at **1-800-563-5471**.

Everyone has to do their part and take healthcare professionals advice to help slow the spread of this virus:

- practice physical distancing at least 2 meters apart
- wash hands often for at least 20 seconds
- avoid touching eyes, nose and mouth
- practice good respiratory hygiene
- if you have a fever, cough or difficulty breathing seek medical attention early
- if you are sick stay home and
- if you are returning from travel outside of the province, self-isolate for 14 days

I want to applaud all of the essential workers who are busy helping to keep our province and country going. I also want to applaud our union members who in many cases are also active community volunteers doing what they can to give back to their community, whether it is on the local fire department, church group, food bank or community council. If you are one of these members or know a member who is contributing, send us a little note so we can recognize their efforts.

Keep yourself and your family healthy and safe everyone.

Yours in solidarity,

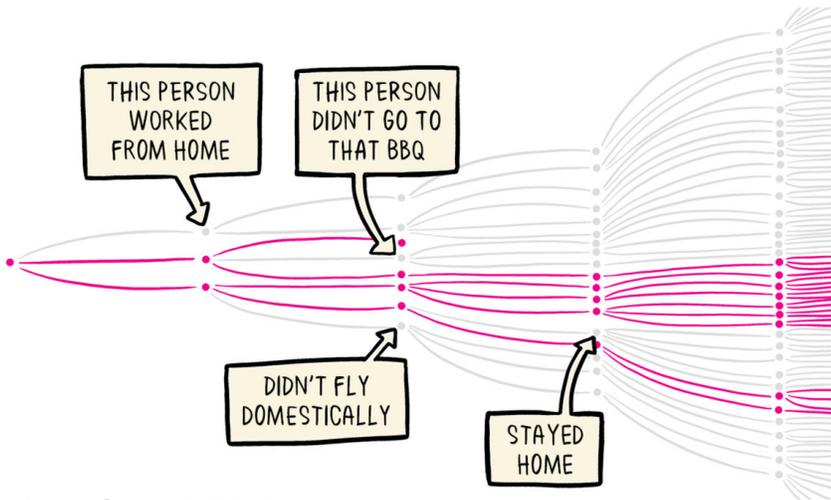
Mike Williams  
Regional Manager Newfoundland & Labrador  
[mwilliams@acrc.ca](mailto:mwilliams@acrc.ca)



## Thank You!

Sue is a carpenter in Local 579 and also serves in Canadian Army Reserves. Sue is on call and ready to respond if needed for Canada's domestic operations during the Covid-19 Pandemic. She is with The Newfoundland Regiment, 1st Battalion.

Thank you for your efforts Sue!



## Physical (Social) Distancing

- Physical (social) distancing means limiting your physical contact with other people in order to stop, slow down or contain the spread of COVID-19. Everyone has a part to play in reducing the spread of COVID-19.
- You should try to stay home as much as possible.
- If you do have to leave home for essentials such as groceries or medications, avoid crowds and maintain a distance of 2 arm lengths from other people. Try to go during off-peak hours.
- Physical distancing doesn't have to mean social distancing. There are lots of ways to stay connected with your family and friends, such as Facetime or Skype, telephone calls, and social media.

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

## 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

Due to COVID-19 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.

As of March 30, Coughlin has re-opened their phone lines with partial staff. Members are encouraged to still reach our via email when possible.

For claims inquiries 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