

FLEET MAINTENANCE FACILITY

Cape Breton



Good Morning FMF Cape Breton,

We hope you've had a restful weekend with your families and those close to you.

This information sheet will be updated as necessary with the newest information added to the beginning of the document.

In addition to email updates on **Mondays** and **Thursdays**, this information will be available at the following websites:

- [Federal Government Dockyard Trades & Labour Council \(West\) COVID-19 FMF Updates](#)
- [Lookout Navy News COVID-19 FMF Updates](#)
- [UNDE Local 21008 Victoria](#)
- Facebook: @UNDELocal1008
- Instagram: @RCNFleetMaintenance

Thank you for your patience as these pages and updates are being set up. Subscription requests to these updates can be sent from your DND or personal email address to Ashley.Evans@forces.gc.ca.

Again, we thank you for your patience and commitment during this time. Please take care of yourself and your family.

UPDATE 23 MAR 20

If you are experiencing any symptoms or have been exposed to someone who is showing [symptoms](#) or has been diagnosed as suffering from the effects of COVID-19, you should complete the BC COVID-19 Symptom Self-Assessment Tool at <https://covid19.thrive.health>.

With respect to work, some general guidance will apply, noting the details of individual cases may result in different approaches:

1. If you are **experiencing** [COVID-19 symptoms](#), inform your supervisor and follow [BC Health guidance](#). You will not be called in to work. Inform your supervisor of any fellow employees that may have been exposed to you. FMF will contact those individuals.
2. If you **have been exposed** through contact or close proximity to someone you know is experiencing COVID-19 [symptoms](#), inform your supervisor and follow [BC Health guidance](#). You will not be called in

to work unless a critical job requires it; this will be a CO decision. Inform your supervisor of any fellow employees that may have been exposed to you. FMF will contact those individuals.

3. If you **have been exposed through contact or close proximity to someone you know has been exposed to someone experiencing** COVID-19 symptoms, raise this point, including the date(s), with your supervisor if you are called in to work in support of a critical job. A decision will be made at that time based on the circumstances of the case.

National and Provincial Resources:

Federal Websites:

- [Government of Canada COVID-19 Updates](#)
- [Joint DM/CDS statement on COVID-19](#)
- [DND – Information Regarding Flexible Work Arrangements and Leave](#)
- [Public service & military – Information for Government of Canada employees \(COVID-19\)](#)
- [Frequently Asked Questions \(FAQs\) for employees \(COVID-19\)](#)

Provincial Websites:

- [Province of BC](#)
- [British Columbia Ministry of Health](#)

COVID-19 Cyber Hygiene:

DND/CAF users are asked to exercise caution in handling any email that is COVID-19-related. This includes subject line, attachments, or hyperlinks. Users are also advised to be cognizant of potential social media pleas, texts, or calls related to COVID-19. The following precautions are highly recommended:

- Avoid clicking on links in unsolicited emails and be wary of email attachments.
- Using Caution with Email Attachments and Avoid Social Engineering and Phishing Scams.
- Use trusted sources such as legitimate, government websites for up-to-date, fact-based information about COVID-19.
- Do not reveal personal or financial information in email, and do not respond to email solicitations for this information.
- Verify a charity's authenticity before making donations.

Social Media:

Local:

- **Facebook | CFB Esquimalt**
@CFBBFCesquimalt

- **Facebook | MARPAC**
@MaritimeForcesPacific/ForcesmaritimesduPacifique
- **Instagram | CFB Esquimalt**
@mayorcfbesq
- **Instagram | Fleet Maintenance Facility**
@RCNFleetMaintenance

National:

- **Facebook | Canadian Armed Forces**
@CanadianForces
- **Facebook | Department of National Defence**
@NationalDefenceGC
- **Facebook | Health Canada**
@HealthyCdns
- **Twitter | Canadian Armed Forces**
@CanadianForce
- **Twitter | Department of National Defence**
@NationalDefence
- **Twitter | Health Canada**
@GovCanHealth
- **Twitter | Dr. Theresa Tam, Chief Public Health Officer**
@CPHO_Canada
- **Twitter | Prime Minister Justin Trudeau**
@CanadianPM
- **Twitter | Deputy Prime Minister Chrystia Freeland**
@DeputyPM_Canada

Family Mental Health Support:

- If you need support, please don't struggle alone. The 24-7 [Employee Assistance Program \(EAP\)](#) is available to all of you. You can also access the Public Service Healthcare Plan (PSHP) or use the nationwide Specialized Organizational Services (SOS).
- Vancouver Island Crisis Line: 24/7. 1-888-494-3888
- [Family Smart](#)
- [Crisis Centre](#)
- [KUU-US Crisis Line Society](#)
- [Kids Help Phone](#) (Text CONNECT to 6866868)
- [Youth In BC Chat](#)
- [Canadian Forces Member Assistance Program \(CFMAP\)](#) 1-800-268-7708 where you can speak directly with trained counsellors.

Support Resources:

- Federal COVID-19 Information Line: 1-833-784-4397
- For HR related questions: HR Connect RH/Virtual Client Contact Centre at 1-833-RHR-MDND (1-833-747-6363) between 08h00 and 16h00 EST.
- [HR GO RH App](#)
- [Federal Government Dockyard Trades & Labour Council \(West\)](#)
- [Public Service Alliance of Canada](#)
- [Union of National Defence Employees](#)