

FLEET MAINTENANCE FACILITY
Cape Breton
30 Mar 2020



Good Morning FMF Cape Breton,

We hope you are healthy and well.

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 yourselves and your family.

UPDATE 26 MAR 20

A message from Rear-Admiral J.R. Auchterlonie, Commander; Maritime Forces Pacific/Joint Task Force (Pacific); Canadian Armed Forces:

“Thank you for continuing extraordinary efforts, whether at home or at your usual place of work, as we deal with COVID-19. Please continue to wash your hands, practice social distancing as much as possible, stay safe and stay well.”

The Formation Surgeon recommends that if you're feeling the following symptoms, use the BC COVID-19 Symptom Self-Assessment Tool, available online at: <https://covid19.thrive.health>

Please note that the updated symptoms include the following:

- Difficulty breathing
- Fever
- Cough
- Body Aches

- Chills
- Runny nose
- Sneezing
- Sore Throat

If sick, the [BC CDC](#) outlines to follow this protocol:

Self-isolate for a minimum of 10 days. Stay home and do not go to work, school or public places and do not use public transit, taxis or ride shares. Do not have visitors to your home. If you live with other people, avoid contact with others at home by staying and sleeping in a separate room and using a separate bathroom if possible. See this guide to [self-isolation if you are ill](#) and this guide to [self-isolation for caregivers](#). After 10 days, if your temperature is normal and you feel better, you can return to your routine activities. Coughing may persist for several weeks, so a cough alone does not mean you need to continue to self-isolate for more than 10 days.

Cover coughs & sneezes;

Wash your hands for a minimum of 20 seconds;

Do not share household items;

Flush the toilet with the lid down;

General cleaning. Clean surfaces at least 1x per day and surfaces touched often at least 2x per day;

Wear face mask if you are sick.

If you need medical care:

Pay attention. Call 811;

Urgent medical care means that there is a change in your health that needs medical help right away. If it becomes harder to breathe, you can't drink anything or feel much worse than when you got tested; seek urgent medical care at an urgent care clinic or emergency department. If you or someone in your care has chest pains, difficulty breathing, or severe bleeding, it could be a life-threatening emergency. Call 9-1-1 or the local emergency number immediately.

Call ahead before you get medical care. If leaving your home for medical care, call ahead and tell the clinic you are coming in and that you just had a COVID-19 test. By calling ahead, you help the clinic, hospital, lab, urgent care or doctor's office prepare for your visit and stop the spread of germs. Remind each health care provider that is taking care of you that you are waiting for COVID-19 test results.

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In an effort to keep you informed on the Formation, Base and COVID-19, The Lookout newspaper is hosting a web page at www.lookoutnewspaper.com/covid-19. It contains links to information including:

- Frequently Asked Questions about COVID-19 and the Base with answers for accessing the Base, its services and other topics;
- A note from the Formation Surgeon; and
- Direction from the Chief of Defence Staff and the Deputy Minister for National Defence.

The team at PSP Esquimalt is putting on a series of **livestreamed workouts** every Monday, Wednesday, and Friday on the Naden Athletic Centre Facebook page. The first one is set for March 20 at 1100 but don't worry if you missed it — it'll be on their page to be enjoyed at your convenience.

The work you are doing is seen and appreciated, Thank you again for your professionalism and dedication to the Defence Team and Canada as we press forward in these challenging times.

Added links:

- [The Professional Institute of the Public Service of Canada](#)
- [The Association of Canadian Financial Officers \(ACFO-ACAF\)](#)
- [COVID-19 BC Support App and Self-Assessment Tool](#)

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.
3. If you have concerns that **fall outside of para 1 or 2**, as always, you are encouraged to contact your supervisor.

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 | Captain(N) Sam Sader**
@mayorcfbesq
- **Instagram | Fleet Maintenance Facility**
@RCNFleetMaintenance
- **Twitter | Rear Admiral Bob Auchterlonie**
@COMD_MARPAC
- **Twitter | MARPAC**
@MARPAC_FMARP

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](#)
- [COVID-19 BC Support App and Self-Assessment Tool](#)
- [Federal Government Dockyard Trades & Labour Council \(West\)](#)
- [Public Service Alliance of Canada](#)
- [Union of National Defence Employees](#)
- [The Professional Institute of the Public Service of Canada](#)
- [The Association of Canadian Financial Officers \(ACFO-ACAF\)](#)