



# BULLETIN

**TRANSPORTATION DISTRICT 140**  
**DISTRICT DES TRANSPORTS 140**

*International Association of Machinists and Aerospace Workers*  
*Association internationale des machinistes et des travailleurs et travailleuses de l'aérospatiale*

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## **TO ALL IAMAW MEMBERS**

### **EMPLOYEE & FAMILY ASSISTANCE PROGRAM (EFAP)**

### **COVID-19**

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Dear Sisters and Brothers:

During this time of concern, the Employee and Family Assistance Program would like to address some of these concerns.

First and foremost, when you are researching signs and symptoms, incubation times, and self-isolation procedures, please visit reputable websites for the information.

Some of these sites include:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

For mental health and general counseling concerns, we are still taking calls and providing referrals to professionals. However, we are not aware if any Therapist has closed their office. If our members encounter this situation, we will try to provide another Therapist that may be taking new patients.

Health Canada is asking us to remain home if possible, and to limit unnecessary travel. If you leave the country, Health Canada is asking that you self-isolate for 14 days. Also, if you are currently out of the country, they have asked you to return home as soon as possible.

Please practice "Social Distancing" by keeping two metres between yourselves and others when out in public. Wash your hands often or use hand sanitizer with at least 60% alcohol.

The EFAP members are always available to take your call; however, we may not have all the answers you may be looking for. For answers to questions about COVID-19, please visit the sites above.

In solidarity,

Derrick Bashford  
Employee Assistance Program  
National EFAP Coordinator  
Central Region

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Winnipeg	– Tel/Tél. : 204-987-9254	Fax/Téloc. : 204-987-9252
Calgary	– Tel/Tél. : 403-250-3708	Fax/Téloc. : 403-250-3707
Toronto	– Tel/Tél. : 905-671-3192	(Toll free/Sans frais : 1-877-426-2948) Fax/Téloc. : 905-671-2114 (Toll free/Sans frais : 1-866-298-0369)
Vancouver	– Tel/Tél. : 604-448-0721	(Toll free/Sans frais : 1-877-426-3140) Fax/Téloc. : 604-448-0710 (Toll free/Sans frais : 1-888-310-1688)
Montréal	– Tel/Tél. : 514-336-3031	(Toll free/Sans frais : 1-888-992-1010) Fax/Téloc. : 514-336-3039 (Toll free/Sans frais : 1-866-800-3039)

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