

FLEET MAINTENANCE FACILITY Cape Breton



FMF Cape Breton has created an information slide for our FMF workforce which will be updated weekly on both **Mondays** and **Thursdays** at the following websites:

- [Federal Government Dockyard Trades & Labour Council \(West\) COVID-19 FMF Updates](#)
- [Lookout Navy News COVID-19 FMF Updates](#)

Weekly email updates will be sent to those opting in. If you would like to receive these updates via email, please email “Subscribe” to Ashley Evans at Ashley.Evans@forces.gc.ca from your personal email account.

Thank you for your patience and commitment during this time. Please take care of yourself and your family.

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](#)