

E.D. COMMUNICATION
December 17, 2020

Provincial Travel Advisory

I am sure all of you are aware of the current PHO recommendation, I want to remind employees about your responsibility as a KSCL Support Staff.

1. As of writing, there is no public health requirement for individuals to self-isolate after domestic Canadian travel or travel between regions in BC.
2. Vacationing employees need to avoid non-essential domestic or inter-regional travel so that they remain compliant with PHO directions. Pending exceptional circumstances, KSCL will not be in a position to prohibit employees from travelling, although employee travel may result in consequential actions being taken, as discussed below.
3. Employees who travel may be encouraged to take additional paid time off upon return from travel to cover for an isolation period upon return to the region. This would require agreement with the employee and ability to schedule additional leaves.
4. Regardless of when an employee returns to work, current WorkSafeBC COVID-19 health and safety plans require employees to complete a [self-assessment](#) prior to entering the workplace and to declare that they are symptom free and not a public health risk.
5. If we remain concerned about a returning employee presenting an elevated risk to individuals served and other staff may consider temporary options such as: in a separated work-space wearing PPE, on shifts where the employee would not have direct contact with others, etc.
6. If the employee needs to be placed on an unpaid leave, employees would need to apply for the two week [Canada Recovery Sickness Benefit \(CRSB\)](#).

BC Recovery Benefit

The BC Recovery Benefit is a one-time, tax-free payment of up to \$1,000 for eligible families and single parents and up to \$500 for eligible individuals.

The BC Recovery Benefit (the benefit) is a one-time direct deposit payment for eligible families, single parents or individuals. Benefit eligibility is based on net income from your 2019 tax return. You must apply to receive the benefit. Applications open December 18, 2020. For more information, please visit <https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit>

HumanaCare – Employee Family Assistance Program

HumanaCare is available 24/7 for Permanent part/full time employees at KSCL. There is no cost to utilize this service and is completely confidential. The number to reach HumanaCare is 1-800-661-8193 and they offer counselling services for many different topics.

Looking after our mental health

As the world continues to introduce measures to restrict movement as part of our efforts to reduce the number of people infected with COVID-19, more and more of us are needing to make changes to our daily routines. Adapting to lifestyle changes such as these and managing the fear of contracting the virus and worry about people close to us who are particularly vulnerable, are challenging for all of us and even more so over the holiday season. The **WHO** has provided some tips and advice that we hope you will find useful.

- Keep informed. Listen to advice and recommendations from your national and local authorities. Follow trusted news channels, such as local and national TV and radio, and keep up-to-date with the latest news from @WHO on social media.
- Have a routine. Keep up with daily routines as far as possible or make new ones.
- Get up and go to bed at similar times every day.
- Keep up with personal hygiene.
- Eat healthy meals at regular times.
- Exercise regularly.
- Allocate time for working and time for resting.
- Make time for doing things you enjoy.
- Minimize newsfeeds. Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Seek the latest information at specific times of the day, once or twice a day if needed.
- Social contact is important. If your movements are restricted, keep in regular contact with people close to you by telephone and online channels.
- Alcohol and drug use. Limit the amount of alcohol you drink or don't drink alcohol at all. Don't start drinking alcohol if you have not drunk alcohol before. Avoid using alcohol and drugs as a way of dealing with fear, anxiety, boredom and social isolation.
- Screen time. Be aware of how much time you spend in front of a screen every day. Make sure that you take regular breaks from on-screen activities.
- Video games. While video games can be a way to relax, it can be tempting to spend much more time on them than usual when at home for long periods. Be sure to keep the right balance with off-line activities in your daily routine.
- Social media. Use your social media accounts to promote positive and hopeful stories.
- Help others. If you are able to, offer support to people in your community who may need it, such as helping them with food shopping.
- Support health workers. Take opportunities online or through your community to thank your country's health-care workers and all those working to respond to COVID-19.

Christmas Hours at the KSCL Office

The KSCL office will be closed from Dec 25 -Jan 3, 2021 reopening Monday, January 4, 2021. For emergencies, please contact the KSCL Manager on call at 250-365-9861. The Manager will have all the staff schedules for the worksites that are operating through this time and will be able to assist with questions or concerns.

I hope everyone has a safe & Merry Christmas and a Happy New Year.