

# The Union News

## Local Lodge 743 Newsletter



Local 743

March/April 2020

[www.ll743.org](http://www.ll743.org)

Volume 16 Issue 1

## COVID-19 Update April 1, 2020

Submitted by: Dianna Koch, LL743 President



Dianna Koch  
LL743 President

### Brothers and Sisters of LL743:

Its been brought to my attention that people are not seeing the messages we have been sending out. Communications has proven to be very difficult with not being able to hand flyers out face to face and hand to hand. We are going to try to get communications on the union bulletin boards in the shop and also

on the local lodge website ([WWW.LL743.org](http://WWW.LL743.org)). I don't have access to a master distribution list in the shop so please print this and hang it up in areas that people will see it and/or forward any communications such as this by email to your coworkers. We can and should all help out with spreading the information as far as we can.

There have been a lot of rumors going around and we are trying to look into each one and get back to people. There are concerns from the notice that went out on Monday regarding the situation of a potential Covid19 Case in building one. The employee did not come to work on Monday because they were having flu like symptoms. There have not been any confirmed positive tests of the virus at this time. The one person that came in contact with this person has been sent home to self-quarantine for precautionary measures only. That person did not have any symptoms of the flu or the virus. The area is the AMS Pack line. Monday night they taped off the area and had the cleaning crew do a deep cleaning (with a much higher strength cleaner) in that area.

**The company has assured us that if there is any positive test of the virus it will be immediately communicated to the workforce as soon as they are aware. They will follow all CDC guidelines to address and communicate the situation to all employees.**

I have been staying in contact with the other Pratt and Whitney local lodge presidents to assure that we all have the same information. I have been told that Pratt

and Whitney did frontload 80 extra hours of sick time in the system. It was explained to me that they are handling all situations the same as we are as far as underlying medical conditions or people with symptoms of the virus. They said the extra 80 hours is not being given to people unless they go through the same approval process through their human resource representatives that we have to go through.

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I was notified today that 4000 thermometers are on order and will be handed out to all employees that want one. You all should have been given a personal kit with sanitizers, gloves and possibly a mask. If you have not received a kit please request it from your supervisor or EH&S rep and they will assist anyone that needs one. People should have been provided with PPE and cleaning products to clean their own workstations. EH&S has also gotten a stronger cleaning agent for the cleaning crews that are cleaning common areas in the plant.

If anybody has a shortage of the Lysol wipes and Purell hand sanitizers and cannot get any they should contact their environmental health and safety representative for that area so they can assist with that. I'm sure you have all heard there has been a major shortage everywhere on that stuff. I have been told its gotten better but only you all would know that.

**Monthly Meetings**  
Have been cancelled until further notice

# COVID-19 Update (Page 2)

Submitted by:: Dianna Koch, LL743 President



Dianna Koch  
LL743 President

If you feel your workstation is not 6 feet away from another employee please bring that up as well so they can move people around to try to distance them more. If people want to amend their shift to work at a time when the population is lower and more adequate for 6 feet social distancing should discuss and request

that through their supervisors. I have been told they will try to work with people if it can be accommodated.

The below information may be redundant for some people but for those that have not seen my previous messages I felt the need to repeat the information to get it out there.

I want to keep encouraging people that have underlying medical conditions to contact their human resources representative. Some of the underlying medical conditions are heart conditions, asthma or any other respiratory conditions such as COPD and Emphysema, Diabetes, Crohn's Disease, Rheumatoid Arthritis, any Cancer patients who have been undergoing chemotherapy or any other medical condition that causes a compromised immune system. People that are older and/or have some of these underlying conditions are at a high risk to catch this virus and are encouraged to get a note from their doctor stating just that and provide it to their human resources representative. Each situation is being handled on a case-by-case basis depending on the individual's situation.

If anyone is sick and/or having symptoms consistent with the Covid19 virus they should stay home and notify their supervisor/human resources immediately. If anyone has been exposed to or has been in contact with someone that has tested positive for the virus should also stay home and contact Human Resources immediately.

**HR contact info: Cassandra Neilsen AMS bldg. 1 can be reached at 860-830-4960. Vincent Esposito HSWR bldg. 2 can be reached at 860-810-8743. Craig Dupont HR manager 860-805-8049.**

Anybody who does not have a medical condition that puts them at high risk but just does not feel comfortable being at work during this time should also contact their HR representative to discuss their situation.

There were some concerns brought to my attention regarding running out of the soap in the dispensers in the bathrooms. I contacted EH&S and Human Resources and they assured me that they have plenty of hand soap and to call extension X2345 if you see any that are empty that need to be filled.

I wanted to share some information with you all regarding the free app "Doctors on Demand". If you download it to your smartphone you will be able to use it in the event you need a doctor but can't get an appointment or if you cant leave your house. It works great. We have "Doctors on Demand" as part of our insurance coverage through UTC however they are offering free services from now until April 17th. (Normally you would pay a \$40 co-payment to use the service) You will FaceTime with a real doctor who can call in prescriptions or order tests in the event you need them. Also please share the information with friends and family and tell them to download the app as well. Schedule a visit at [www.doctorondemand.com/utc](http://www.doctorondemand.com/utc)

**It is available to everybody free right now whether they work for UTC or not. Very important to get that information out there if you know anybody that doesn't have coverage at a time like this.**

Want to talk to a counselor? Here is a link for you to download because everyone now has up to 10 free sessions with Beacon Health Options through 4/17. Call 1-800-288-0882 or go to [www.Beacon4UTC.com](http://www.Beacon4UTC.com)

If anybody has any questions regarding ANYTHING at all please do not hesitate to reach out to me by email: ([dkk1965@gmail.com](mailto:dkk1965@gmail.com)) or text and phone calls at; (860-670-7778).

Please stay safe and help each other out whenever possible. Even if you have a neighbor that can't leave their house because of their medical condition or age maybe offer to pick stuff up at the store for them. Now is the time more than ever to "Pay it Forward" whenever we can.

Please don't forget to thank the workers you run into out in your community because they are on the front lines like you are. Grocery store clerks, restaurants, gas stations and especially the medical field workers they are rock stars...It truly puts a smile on their face during this difficult time.

These are very scary times with so much uncertainty and fears of the unknown. Peoples stress levels are at an all-time high right now. It is so important that we all try to be there for each other any way we can. Please stay safe by trying to keep the 6' distancing, washing our hands as often as possible and please try to refrain from touching our faces at all....not only in the workplace but at all times

In Solidarity,  
Dianna Koch  
LL743 President  
IAMAW  
Cell phone: 860-670-7778

# Coping With COVID-19 Anxiety

Submitted by: Michael J. Morin , LL743 CEAP, SAP , MS, Employee Assistance Program



Mike Morin

With the progression of the Covid19 virus and the uncertainty of the coming days or weeks I hear a lot of people expressing fears and anxieties.

First let me say that these are completely normal and frankly I would be concerned if someone did not have these feelings. Fear, Anxiety and stress are our body's way of telling us to be aware that something is wrong and to make adjustments to counter the stressor which in our case is the spread of the Covid19 virus. **It's important to remain vigilant, calm and level-headed and follow recommendations from the experts:**

- **If you're sick don't go to work, self-quarantine for 14 days and avoid public places.**
- **Wash your hands often with soap for at least 20 seconds or use a greater than 60% alcohol-based hand sanitizer whenever you return home from any activity that involves**

**locations where other people have been.**

- **Practice social distancing, at least 6 feet from others.**
- **Refrain from touching your face.**
- **No hugging or handshaking.**
- **Use your knuckle to touch light switches, elevator buttons, etc. Lift the gasoline dispenser with a paper towel or use a disposable glove.**
- **Open doors with your closed fist or hip—do not grasp the handle with your hand, unless there is no other way to open the door, especially on bathroom post office and commercial doors.**
- **Use disinfectant wipes at the stores when available, including wiping the handle and child seat in grocery carts.**
- **Keep a bottle of sanitizer available at each of your home's entrances and in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.**
- **If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to.**
- **Be proactive and keep your immune system strong, get ample sleep, exercise and eat well.**



Let's talk about our mental health, keeping these challenging times in perspective will help lower our stress levels. The Covid19 virus does not have legs, cannot walk around and look for you, not everyone will get sick, and most importantly if you practice the above mentioned tools you increase your chances of NOT getting sick.

It will also be helpful to stop watching the news or reading the paper or internet. Everything you're exposed to through Media is not going to be positive; unless you have the "positive news station" which I don't think is available yet. You're not going to miss anything if you turn off the news, you will on the other hand be free of the statistics of the sick and dead, and those can't possibly help us.

Talk with other people, we may have to keep six feet of separation but God knows there are enough cell phones and internet connectivity to keep everybody safe and connected. Check in with loved ones to see how they are doing in these uncharted and scary times.

I have found that helping others can be very rewarding but most of all it takes the focus off self, when we focus on another person we don't have time to be in our own head worrying about whatever. There are people who cannot get out, family members who might be struggling could use our help.

**Remember to practice the above adjustments, stay off of Media, practice helping others and keep everything in perspective. Stay in the moment, remember that this will pass and we will be alright.**

**Michael J. Morin: LL743 CEAP, SAP , MS, Employee Assistance Program**

**Providing professional and completely confidential consultations, education, assistance, and referral services.**

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