



15 School Lane, Suite 200, PO Box 656
Au Sable Forks, NY 12912
 Phone: (518) 647-8198 Fax: (518) 647-5457

To: Northline Utilities and Nor Pro Employees
 From: Emergency Operations Team
 Re: Guidance Sheet #106 – Coronavirus Disease (COVID-19)
 Date: March 16, 2021

Dashboard

Our Northline Utilities Emergency Operations Team feels that it is important to share an overview of the Northline Family as we monitor how COVID-19 is impacting our population.

Employees Tested for COVID-19	Employees with a Negative Test Result	Employees with COVID-19 Test Results Pending	Employees with a Positive Test Result
132	91	0	41

Strategy Guidance

Employee Assistance Services

COVID-19 has been a crisis for mental health, too. Remember: You are never alone.

ESI member website <https://www.theeap.com/union-ap>: When you log into the website, click on EMPLOYEE → EMPLOYEE & FAMILY LOGIN → REGISTER HERE → EMPLOYER/UNION = NORTHLINE. If any member or family member needs assistance to deal with anxiety or stress, call 800.252.4555 to reach a counselor. Services are free and confidential.



TotalCare EAP
 Public Safety EAP
 Educators' EAP
 Higher Ed EAP
 HealthCare EAP
 Union AP

Take the Alcohol Quiz

The StayWell Company, LLC ©2021 (An article from ESI - Employee Assistance Group)

Nearly 14 million people in the United States -- 1 in every 13 adults -- abuse alcohol or are alcoholic. How much do you know about alcohol use and abuse? Find out by taking this quiz, based on information from the National Institute on Alcohol Abuse and Alcoholism.

1. Alcoholism is a disease with four main symptoms.
 - True
 - False

2. Children of alcoholics are doomed to repeat their parents' dependence on alcohol.
 - True
 - False



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3. Once an alcoholic has completed treatment for the disease, he or she is considered cured.
True
False
4. Two types of medication are available to treat alcoholism.
True
False
5. Despite treatment, alcoholics often relapse.
True
False
6. As long as you're not an alcoholic, you are safe from problems associated with it.
True
False
7. Most alcohol abusers are young adults.
True
False
8. Alcoholics must give up drinking entirely to recover from their illness.
True
False
9. A moderate amount of alcohol consumption is two drinks a day for a man and one drink a day for a woman.
True
False

The Answers

1. **True.** The four symptoms are craving (a strong need to drink), impaired control (inability to limit drinking), physical dependence (withdrawal symptoms when alcohol use is stopped after heavy drinking) and tolerance (the need for increasing amounts of alcohol to feel the effects).
2. **False.** Alcoholism tends to run in families, but other risk factors such as the influence of friends and stress levels are involved as well. A child of an alcoholic parent will not automatically develop alcoholism. A person with no family history of alcoholism can become alcohol dependent. Knowing that you are at more risk because alcoholism runs in your family means you can take steps to avoid getting into trouble.
3. **False.** Although alcoholism is a treatable disease, and medication has also become available to help prevent relapse, a cure has not yet been found. This means that even if an alcoholic has been sober for a long time and has regained health, he or she may relapse and must continue to avoid all alcoholic beverages.



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4. **True.** The first are tranquilizers called benzodiazepines, which are used only during the first few days of treatment to help patients safely withdraw from alcohol. A second type of medication, such as naltrexone, is used to help people remain sober. When used together with counseling, this medication lessens the craving for alcohol in many people and helps prevent a return to heavy drinking. Another older medication is disulfiram, which discourages drinking by causing nausea, vomiting and other unpleasant physical reactions when alcohol is used.

5. **True.** It is important to remember that many people relapse once or several times before achieving long-term sobriety. Relapses do not mean that a person has failed or cannot eventually recover from alcoholism. If a relapse occurs, it is important to try to stop drinking again and to get whatever help is needed to abstain from alcohol.

6. **False.** Even if you're not an alcoholic, abusing alcohol can have negative results, such failure to meet major work, school or family responsibilities because of drinking; alcohol-related legal trouble; automobile crashes due to drinking; and a variety of alcohol-related medical problems. Under some circumstances, problems can result from even moderate drinking -- for example, when driving, during pregnancy or when taking certain medicines.

7. **True.** Rates of alcohol problems are highest among young adults ages 18 to 29 and lowest among adults age 65 years and older. Overall, more men than women are alcohol-dependent or experience alcohol-related problems.

8. **True.** Studies show that nearly all alcoholics who try to merely cut down on drinking are unable to do so indefinitely. Instead, cutting out alcohol (that is, abstaining) is nearly always necessary for successful recovery. If you are not alcoholic but have had alcohol-related problems, you may be able to limit the amount you drink.

9. **True.** One drink equals one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine or 1.5 ounces of 80-proof distilled spirits.

Items of Interest

FAMILIES FIRST CORONAVIRUS RESPONSE ACT

The Families First Coronavirus Response Act went into effect April 2, 2020 and expired December 31, 2021. This Act included many provisions such as paid sick leave for employees impacted by COVID-19 and those serving as caregivers for individuals with COVID-19. Employers were not required to provide this leave after December 31, 2020 but were given the option to extend this paid leave benefit to March 31, 2021. Northline Utilities voluntarily extended this paid leave benefit to employees through March 31, 2021. **As of this time, there are no indications that this paid leave will be extended again.** We will keep you updated as more information becomes available.



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INTERIM GUIDANCE FOR QUARANTINE RESTRICTIONS ON TRAVELERS ARRIVING IN NYS
FOLLOWING OUT OF STATE TRAVEL

Dated: March 10, 2021

This updates the previously issued November 3, 2020 guidance for Interim Guidance for Quarantine Restrictions on Travelers Arriving in New York State Following Out of State Travel.

Updates include:

- Quarantine criteria for travelers to New York from non-contiguous states and other countries. In this guidance, contiguous states to New York include Pennsylvania, New Jersey, Connecticut, Massachusetts and Vermont.
- New Centers for Disease Control and Prevention (CDC) requirements for travel from other countries
- Updated links

Visit: <https://coronavirus.health.ny.gov/covid-19-travel-advisory> for more information.

Daily Self-Checker



Please remember to keep using the Daily Self Checker. This Daily Self Checker is a list of questions that everyone should ask themselves every morning before work. If you answer "Yes" to any of these questions you should not go to work, and you should immediately reach out to the Emergency Operations Team Liaison Officer, Ricardo Aguilar by cell phone (518)-420-7078.

1. Have I had any of the following symptoms in the last 14 days or I currently have – fever greater than 100°F, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, chills, headache, sore throat, new loss of taste or smell, congestion or runny nose, diarrhea?
2. In the last two weeks, have you been in close contact with someone who has COVID-19 or is now sick?
You have been in close contact if you have:
 - been within 6 feet of someone who has COVID-19 for a combined total of 15 minutes **or** more over a 24-hour period **or**
 - provided care at home to someone who is sick with COVID-19 **or**
 - had direct physical contact (hugged or kissed) with someone who has COVID-19 **or**
 - shared eating or drinking utensils with someone who has COVID-19 **or**
 - been sneezed on or coughed on by someone who has COVID-19
3. Have I been told by a Public Health Official that I may have been exposed to COVID-19 and/or I am subject to a quarantine order?
4. In the last 14 days, have you tested positive for coronavirus?
5. Have you returned to New York from a non-contiguous state per Governor Cuomo's Executive Order 205.2 or any international destinations requiring quarantine in the past 14 days?



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Notification

Remember, as part of our Northline Notification Protocol:

These are the reasons to contact Ricardo Aguilar (raguilar@northlinellc.com), Emergency Operations Team Liaison Officer:

- I went home with COVID-19 symptoms
- I stayed home sick with COVID-19 symptoms
- I was advised by a Health Care Provider to be tested
- I was made aware of someone else that has COVID-19 symptoms or stayed home
- I was asked to leave the jobsite by the customer due to a potential exposure
- I tested positive for COVID-19
- I encountered someone known to have tested positive for COVID-19, or
- I completed a trip to a CDC-categorized Coronavirus Warning Level 3 location

This notice must be directed to Ricardo Aguilar, Emergency Operations Team Liaison Officer at raguilar@northlinellc.com or by cell phone (518)-420-7078. The assigned Northline Project Manager will be notified and in turn the Project Owner, trade contractors and suppliers of the situation.

If you have any questions regarding this guidance, please do not hesitate to contact a member of the Emergency Operations Team. You are encouraged to send e-mails to Covid19EmOps@northlinellc.com or to specific individuals on the team.

Name	ICS Role	Office Number	Cell Number	E-mail Address
Jamie Atkins	Incident Commander	518-647-8198 ext. 201	518-569-8702	jatkins@northlinellc.com
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Rick Aguilar	Liaison Officer/Public Information Officer (Alt)	518-647-8198 ext. 324	518-420-7078	raguilar@northlinellc.com
William Straight	Business-Customer Liaison/Incident Commander (Alt)	518-647-8198 ext. 231	518-569-4140	wstraight@northlinellc.com
Lee Pray	Human Resources/Safety Officer (Alt)	518-647-8198 ext. 234	518-726-6724	lpray@northlinellc.com
Brandy Rousseau	Business-Customer Liaison (Alt)	518-647-8198 ext. 236	518-423-4914	brousseau@northlinellc.com
William Murty	Field Liaison	N/A	716-609-7461	BMurty@NorProLLC.com

“Everyone likes a compliment.” – Abraham Lincoln

