

March 9, 2021

Dear Medical Learners and Faculty Members,

This is an update regarding changes in travel and isolation requirements for medical learners training in New Brunswick. As of March 7, 2021, all zones are in the Yellow phase of recovery. These are new recommendations updated from the last note circulated on February 21, 2021.

On Friday March 5, 2021 Horizon Health reached an agreement with Worksafe NB regarding their COVID-19 Standard Operating Practice (SOP). The approach below will outline requirements that medical learners and the Horizon Health Network (HHN) must meet to allow training to continue within the province at HHN facilities.

Documents outlining the **updated work isolation protocol** are attached. \*\*Please note, regardless of your vaccination status, all medical learners must follow the recommendations below with respect to work isolation and COVID-19 swabs\*\*.

### **Travel within NB**

1. Medical learners are permitted to travel within the province (from one Yellow zone to another) for personal reasons.
2. Medical learners may travel between Yellow zones for work related purposes. Learners are expected to follow all HHN employee guideline with respect to COVID-19 precautions while working within HHN facilities.
3. Learners crossing the NB borders into NS/PEI/NL for personal reasons must **self-isolate for 14 days** upon return to NB as the GNB has advised that the provincial borders are closed. There are some exemptions noted by Public Health noted below. If a learner plans to travel for one of the reasons below please contact Dawn Lynch ([dawn.lynch@horizonnb.ca](mailto:dawn.lynch@horizonnb.ca)) prior to departure for review.
  - i. Medical appointment
  - ii. Bereavement
  - iii. Compassionate reason

### **Travel from NS/PEI/NL into NB**

1. **NOTE NEW REQUIREMENT** – Before travelling into NB **all medical learners must register** with the Department of Public Health and Safety online at:  
  
<https://www2.gnb.ca/content/gnb/en/corporate/promo/travel-registration.html#how>
2. Medical learners will be provided with a letter from the HHN Medical Education office confirming their rotation and outlining their work isolation requirements. This may be requested at the provincial border prior to entry into the province.
3. A copy of the work isolation protocol is attached.

4. Learners travelling into NB for work must have a confirmed negative COVID-19 swab completed 3-4 days prior to arrival. Please forward confirmation of test results via email to [dawn.lynch@horizonnb.ca](mailto:dawn.lynch@horizonnb.ca)
5. Swabs must be completed in NB on **Days 5 & 10** of the work isolation period. These swabs will be arranged by the regional Horizon Medical Education office.
6. The 14-day work isolation period must be completed regardless a negative COVID-19 swab.
7. Personal travel by medical learners and family members residing in NS/NL/PEI into the province of NB is not permitted as the provincial border is closed.

### **Important Considerations**

1. **VACATION** - Learners may plan to take vacation days upon entry into NB prior to starting their rotation. **If this is the case, please contact Dawn Lynch at [dawn.lynch@horizonnb.ca](mailto:dawn.lynch@horizonnb.ca) to review travel plans, need for isolation and COVID-19 swab testing prior to travel.**
2. **EXAMS** – Travel to NS/PEI/NL for mandatory examinations is considered essential. No additional isolation period is required upon return to NB.

**Please contact Marilyn Babineau, HHN Manager Workforce Wellness, at [Marilyn.babineau@horizonnb.ca](mailto:Marilyn.babineau@horizonnb.ca) to review exam dates and travel plans prior to departure.**

Learners are strongly encouraged to return promptly with no additional time planned for personal reasons. Doing so would result in the need to **self-isolate for 14 days** prior to re-entry to a Horizon facility.

Thank you for adhering to the guidelines noted above. Please review the work isolation protocol and note the changes and requirements outlined.

If you have questions, please reach out to the email address below and/or your local Horizon Medical Education office. I will provide further updates as soon as available.

Sincerely,

Erica Holloway, MD, FRCSC  
Regional Director Medical Education, Horizon  
Health [dr.ericaholloway@horizonnb.ca](mailto:dr.ericaholloway@horizonnb.ca)

## Work-Isolation Guidelines

You are required to self-isolate for 14 days when not in the workplace as part of your agreement with Horizon. Self-isolation means staying in your home and avoiding contact with other people when not at work.

When not at work, you will be contacted via land-line telephone to confirm adherence to the self-isolation protocol. Public Health and Worksafe NB requires Horizon Health to make a daily, visual contact with the medical learner on their day's off work. Accommodations will be arranged for post-call days.

### **Horizon expects you to take the following measures:**

#### ***Limit contact with others:***

- Do not leave your home unless necessary such as to seek medical care.
- During your off-work hours do not go to public spaces such as grocery stores etc. Consider asking others to delivery, on-line ordering of supplies and/or bringing them to the province with you.
- At home stay in a separate room and you must use a separate bathroom.
- Public transit via taxi or bus is not permitted. You must use a private vehicle or walk. Fueling your personal vehicle can only be completed using the "pay at pump" option.
- In the workplace you can use a public washroom.
- **At work you must eat in a room separate from all other employees.**
- When not providing patient care, aim to keep at least 2 meters between yourself and others
- At work you will be asked to wipe down your computer keyboard and other high touch surfaces every shift
- Masks are always required in HHN facilities.

#### ***Maintain good hand hygiene:***

- Wash your hands often with soap and water for at least 20 seconds, at home dry with a reusable towel, replacing this whenever wet.
- In the workplace clean your hands before and after donning a mask, and after each patient interaction.
- Avoid touching your eyes, nose and mouth
- Use good cough etiquette. Dispose of tissues in a lined waste container.

## Self-Monitoring During Work Isolation

For the first 14 days following entrance into New Brunswick for work, Horizon expects you to monitor yourself for symptoms. In the workplace your Manager/designate will do an active screening (ask you the questions) once during your shift.

**If you have one or more of the symptoms below you must stay at home, self-isolate and call Employee Health at the contacts below.**

### **The following will be mandatory checks:**

- Fever above 38 degrees Celsius please do your temperature daily
- A new or worsening chronic cough
- Difficulty breathing
- Runny nose
- Sore throat
- Headache
- A new onset of fatigue
- A new onset of muscle pain
- Diarrhea
- Loss of sense of taste
- Loss of sense of smell

### **Employee Health Contacts:**

1. Any location - 1-833-978-2580
2. Moncton Hospital – 506-857-3530
3. Saint John Regional Hospital – 506-648-6618
4. Dr. Everett Chalmers Hospital Fredericton – 506-452-5310
5. Upper River Valley Hospital – 506-375-2711
5. Miramichi Hospital – 506-623-3173

If you are **a medical learner travelling from another province into New Brunswick**, you are required to submit a negative COVID test 3-4 days before entry into the province.

Please send the result to [Dawn.Lynch@HorizonNB.ca](mailto:Dawn.Lynch@HorizonNB.ca). You will then be booked for Covid-19 testing on **Day 5 and Day 10** of the 14-day work isolation period. Employee Health will arrange the testing.