

January 28, 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 based on new Zone recovery phases. These are new recommendations in comparison to the last note circulated on January 20, 2021.

As of 1159 pm January 16, 2021 Zone 2 (Saint John) and Zone 3 (Fredericton) have changed from the Red to Orange recovery phase.

At midnight on Saturday, January 24, 2021 Zone 4 (Edmundson) was placed in a 14-day lock down – with increased restrictions place on that region's Red phase.

Zone 1 (Moncton) remains in the Red phase. Zones 5-7 remain in the Orange phase.

The approach below takes into consideration the need for limiting the risk of exposure within HHN facilities and our communities. Documents outlining the work isolation protocol are attached

Personal Travel within NB

1. Travel for personal reasons between zones is strongly discouraged.
2. Potential exemptions for travel between zones include medical appointments, bereavement, compassionate reasons and custody arrangements. These should be reviewed with the local Horizon Medical Education office prior to travel.
3. Learners working in an Orange Zone who travel to a Red Zone for personal reasons (other than those listed above) would be required **to self-isolate for 14 days** prior to re- entering a Horizon facility.

Work Travel within NB

1. Learners may travel between zones to change from one rotation to the next
2. Learners travelling for work related purposes from a Red zone into an Orange zone must follow the **Work Isolation Protocol for 14 days. A COVID-19 swab will only be required in this scenario if learners as symptoms related to COVID-19.**
3. Learners travelling for work related purposes from Orange-Orange zone or Red zone would be expected to follow all HHN employee guidelines. Work isolation would not be required.

4. Learners crossing the NB borders into NS/PEI/NL for personal reasons must **self-isolate for two weeks** upon return to NB as the GNB has advised that the provincial borders are closed. There are some exemptions noted by GNB:
 - i. Medical appointment
 - ii. Bereavement
 - iii. Compassionate reasons

Learners travelling from NS/PEI/NL into NB

1. Learners travelling from these provinces into NB for work related reasons must have a confirmed negative COVID-19 swab completed 3-4 days prior to arrival in NB. Please forward confirmation of test results via email to dawn.lynch@horizonnb.ca
2. These learners must complete the **work isolation protocol**.
3. A second swab will be completed in NB on day 5-7 of the stay. These swabs will be arranged by the regional Horizon Medical Education office. The 14-day work isolation period must be completed regardless of two negative COVID-19 swabs.
4. Learners who have received both doses of the COVID-19 vaccination must follow the above work isolation protocols.
5. **Examinations** – Travel to NS/PEI/NL for mandatory examinations is considered essential. Again, no additional isolation period is required upon return to NB. 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.
6. 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**.

Undergraduate and post graduate medical learners continue to train in Horizon facilities. Medical learners are considered employees of Horizon Health and therefore must follow all recommendations outlined by Employee Health, Worksafe NB and Public Health NB.

Thank you for adhering to the guidelines noted above. I am thankful for your attention to these notices. The level of risk within regions of New Brunswick have changed and may likely change again in the upcoming weeks. If you have questions, please reach out to the email 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
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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 to help prevent the spread of disease to others when not at work.

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. ask others to go and get any essentials that you require.
- At home stay in a separate room and must use a separate bathroom.
- In the workplace use a public washroom.
- Maintain social distancing when eating while in the hospital.
- Keep at least 2 meters between yourself and others
- Keep interactions with others always brief and wear a mask.
- 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

Avoid contaminating common items and surfaces:

- Do not share personal items with others, such as towels, bed linens, utensils, pens or electronic devices
- At least once daily clean and disinfect surfaces that you touch often in the home, i.e. toilets, tables, door knobs, computer surfaces, phones and TV remotes.
- At work you will be asked to wipe down your computer keyboard and other high touch surfaces every shift
- Put the lid of the toilet down before flushing

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.

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. You will then be booked for Covid-19 testing on Day 5-7 of the 14-day work isolation period. Employee Health will arrange the testing.

Medical learners travelling from a red zone to an orange zone must work isolate. Swabs would be indicated if you develop one or more of the symptoms 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