



January 7, 2021

Dear Medical Learners and Faculty Members,

This letter provides an update for medical learners training in New Brunswick. Please note this is an update since the last letter circulated December 9, 2020.

Starting Tuesday, January 5, 2021 all regions (Zones 1-5) were moved to the Orange Phase. The provincial borders remain closed to all non-essential travel. Travel by medical learners to complete their training rotations is considered by Horizon Health and Public Health NB.

Travel for personal reasons between Orange zones in NB is strongly discouraged. This includes travel to meet with family, partners and friends living in other Orange zones. Potential exemptions include medical appointments, bereavement, compassionate reasons and custody arrangements. These should be reviewed with the local Horizon Medical Education office prior to travel.

Medical learners may travel between Orange zones in NB for work-related purposes such as rotation changes. Frequent travel between Horizon facilities is strongly discouraged. All learners are expected to self-screen prior to entering a Horizon facility. It is important to understand that travel and isolation requirements may change depending on the COVID-19 prevalence within the province.

A reminder below regarding travel across the provincial borders:

Learners based in NB who travel to NS/PEI/NL
(Please see attached Work Isolation Protocol)

1. Learners travelling to NS/PEI/NL for work related reasons must complete the work isolation protocol upon return. A confirmed negative COVID-19 swab must be completed 3-4 days prior to re-entry into the province. Please forward confirmation of test results via email to dawn.lynch@horizonnb.ca. A second swab will be arranged by the regional Horizon Medical Education office on day 5-7 of your return. The 14-day work isolation period must be completed regardless of two negative COVID-19 swabs.
2. Learners crossing the NB border into NS/PEI/NL for personal reasons must self-isolate for two weeks upon return to NB. There are some exemptions noted by GNB:
 - i. Medical appointment
 - ii. Bereavement
 - iii. Compassionate reasons

Learners travelling from NS/PEI/NL into NB

3. **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
4. These learners must complete the **work isolation protocol.**
5. Please note a change in the COVID-19 swab protocol. A single 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.
6. **COVID-19 Vaccination** –
 - a) Learners are permitted to cross the provincial border to receive the vaccine in NS/PEI/NL. This is considered travel for medical purposes. No additional isolation period is required upon return. 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.
 - b) Learners who have received both doses of the COVID-19 vaccination **must still follow** the above swab and work isolation protocols.
7. **Examinations** – Travel to NS/PEI/NL for mandatory examinations is considered essential. Again, no additional isolation period is required upon return. 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.
8. Family members are not advised to travel into NB (with the learner) as this is considered personal travel. If they do travel, the family member must **self-isolate for 14 days.** The family members must live and isolate in a separate apartment from the medical learner for 14 days.
9. Personal travel by medical learners residing in NS/NL/PEI into the province of NB is not permitted as the provincial border is closed.

We continue to work with our affiliated universities Dalhousie, Memorial and Sherbrooke to provide a safe work environment for all learners. The efforts described strive to limit exposure within our province. I appreciate your adherence to the guidelines. Again, these recommendations can and will likely change as Horizon monitors COVID-19 prevalence and receives input from Public Health. I will provide updates as soon as available

Sincerely,

Erica Holloway, MD, FRCSC
Regional Director, Medical Education, Horizon Health
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 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

You are required to submit a negative COVID test 3-4 days before entry into NB 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.

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