



Travel Guidelines Update

December 10, 2021

Dear Medical Learners and Faculty,

The Horizon Health Network has recently circulated information regarding safe practices and screening requirements for employees who plan travel outside of New Brunswick. Please note that these recommendations apply to all undergraduate and postgraduate medical learners.

This document outlines a change in practice for arranging swabs and travel notification.

This will no longer be done via the Horizon Medical Education Department.

Following travel medical learners must note the following requirements:

- Learners planning any travel outside New Brunswick must complete the [Travel Notification Form](#) (please use Microsoft Edge, Chrome or Firefox)

<p>Travel within Atlantic Provinces</p>	<ul style="list-style-type: none"> • Self-monitor for symptoms
<p>Outside of Atlantic Province</p>	<ul style="list-style-type: none"> • May continue to work. • Must arrange a Polymerase Chain Reaction (PCR) swab on Day 5 upon return to NB. • Must continue to self-monitor for symptoms of COVID-19 infection.
<p>Outside of Canada</p>	<ul style="list-style-type: none"> • Must complete PCR swabs Day 5 and Day 10 upon return to NB. • <u>Must work isolate</u> (appendix) until the results of Day 5 are obtained and confirmed negative. • Must continue to self-monitor for symptoms.

- Learners are **responsible for booking their COVID-10 swabs** and confirming results. This can be arranged online at [COVID-19 Testing \(gnb.ca\)](https://www.gnb.ca/COVID-19-Testing)
- To gain re-entry in NB, learners must complete online New Brunswick [NB Travel Registration Program](#)
- Learners who develop two or more symptoms must immediately self-isolate and call Employee Health at 1-833-978-2580.

Please note the recommendations and travel allowances described may change depending upon the COVID-19 activity within the province. Confirmed cases of COVID-19 in NB may increase over the next few weeks. As always, medical learners and HHN employees must anticipate change in travel and isolation requirements. The Government of NB recently outlined three levels of response in the COVID-19 Winter Plan (appendix). Medical learners are responsible for ensuring that they follow both Horizon Health Network and NB Public Health Guidelines. Updates can be found at [Living with COVID-19](#).

We all look forward to the winter holiday period and the possibility of spending time with family and friends. We all hold a professional responsibility to ensure we are following safe practices to protect ourselves, our patients, co-workers, and our communities. Thank you for your attention to these recommendations and resources. Please reach out if there are any questions or concerns.

Happy Holidays,

A handwritten signature in black ink, appearing to read "Erica Holloway". The signature is written in a cursive style with a large initial "E".

Erica Holloway, MD, FRCSC
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Work Isolation Following Travel Outside of Canada

Fully vaccinated Health care workers (HCW) will be required to follow work isolation following travel outside of Canada. The process for testing health care workers after travel outside of Canada has changed frequently based upon the risk of transmission and presence of new variants. It is the HCW's responsibility to remain up to date on the latest Federal and Provincial travel requirements.

Horizon Health Care workers will be asked to work isolate until they obtain a negative day 5 PCR test post travel. This process is intended to mitigate the risk of COVID-19 transmission while awaiting day 5 testing.

What is “work isolation”?

At work you will:

- Wear your mask at all times unless eating or drinking.
- Perform hand hygiene frequently.
- Where possible maintain physical distancing and limit non-essential contact with staff and patients. Avoid meeting spaces and lunchrooms.
- Eating and drinking must take place in a private area. If you cannot find a place to eat or drink alone, ensure there is two-metre distancing from others while your mask is off. Please don your mask immediately after consuming food and drink.
- Use public washrooms rather than staff washrooms, as the former are cleaned on a more frequent and scheduled basis. If unable to do this, staff washrooms can be used if the HCW cleans high touch areas in washroom after use.
- Please feel free to book a PPE refresher as needed through Infection Prevention and Control.

Please note! Be vigilant in self-monitoring for symptoms. If symptoms develop, immediately self-isolate and notify Employee Health at 1-833-978-2580 to arrange for expedited testing.

You can call Employee Health 7 days a week, phones are answered once weekday evenings at 1800 and every two hours on weekends from 0800 -1800. Leave your name and number and your call will be returned.

COVID-19 WINTER PLAN

Level Measures

	▶ Level 1	▶ Level 2	▶ Level 3
Bubble / Social Gathering	Maximum of 20 people for indoor informal gatherings Maximum of 50 people for outdoor informal gatherings Due to the higher risk, indoor social gatherings are not recommended for vaccine-eligible people who are unvaccinated	Two-household bubble	Single-household bubble
Masks	Masks mandatory in indoor public places Masks required in outdoor public spaces when physical distancing cannot be maintained	Same as Level 1	Same as Level 1
Restaurants	Patrons must show proof of full vaccination or medical exemption Patrons must remain seated	Patrons must show proof of full vaccination or medical exemption Dine-in with two-household bubble only 50% capacity	Drive-thru, takeout and delivery only
Business / Retail	Open with physical distancing of two metres or can require proof of full vaccination for patrons 12 and older.	Open with 50% capacity in addition to Level 1 requirements	Essential retail only Non-essential retail is contactless pickup or delivery only
Gyms	Open with proof of full vaccination	Open with proof of full vaccination 50% capacity	Closed
Spas / Salons	Open with physical distancing between patrons or can require proof of full vaccination from all vaccine-eligible patrons.	Open with proof of full vaccination 50% capacity	Closed
Entertainment Centres	Open with proof of full vaccination	Open with proof of full vaccination 50% capacity	Closed
Schools / Daycares	Refer to Healthy and Safe Schools guidelines	Refer to Healthy and Safe Schools guidelines	Refer to Healthy and Safe Schools guidelines
Faith Venues	Patrons must show proof of full vaccination or medical exemption or Physical distancing; operating at 50% capacity; no singing; collecting names of attendees by row or having a consistent assigned seating plan is required for gatherings without proof of vaccination	50% capacity No singing or choirs In addition to Level 1 requirements	Outdoor, virtual or in-car religious services only
Recreation / Sport	Permitted	Permitted with 50% capacity for spectators	Not permitted
Travel	All travellers must register travel or have a multi-use pass, including New Brunswickers returning to the province Unvaccinated people entering New Brunswick are required to isolate and take a test on Day 10 All travellers arriving by air will be provided with a point of care rapid testing kit International travellers must follow federal government testing and isolation guidelines, and require testing on Day 5 and Day 10.	No travel in or out of Level 2 or Level 3 areas or communities other than for essential reasons: work, school, health services, childcare, or child custody	Same as Level 2
Contact Tracing & Isolation	Isolate and test any high-risk close contact Vaccinated household contacts must isolate until receiving a negative Day 5 diagnostic PCR test; if negative, they no longer need to isolate but they still require a test on Day 10	Isolate and test any high-risk close contact Vaccinated household contacts must isolate for 14 days or as directed by Public Health	Isolate and test any high-risk close contact Vaccinated contacts outside of household must isolate for 14 days or as directed by Public Health

[GNB.CA/CORONAVIRUS](https://gnb.ca/coronavirus)