

Horizon policy requires you to complete a 14 day modified work-isolation protocol and daily self-monitoring for symptoms as a result of recent travel based on the following scenarios;

1. Travel from one orange zone to another orange zone.
2. Travel from an orange zone to a yellow zone.
3. Travel from the Halifax, NS region into any zone in New Brunswick.

Modified Work-Isolation Guidelines

Horizon expects you to take the following measures:

Limit contact with others:

- Outside the work environment, you should limit your exposure to public places. You are permitted to go to a store to purchase essential food and medical items. Otherwise attendance at stores, restaurants, gyms, bars and other public places must be avoided for 14 days.
- Limit personal contacts to a single household bubble.
- Maintain social distancing when eating while in the hospital
- Keep at least 2 meters between yourself and others
- Wear a mask at all times in public spaces and while at work in a Horizon facility.

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.

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

Self-Monitoring

You are expected to monitor yourself for symptoms daily. 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. 1-833-978-2580 – any location.
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 develop symptoms while at work, you must immediately leave the facility, self-isolate and call Employee Health. There is a nurse responding to calls 7 days/week from 0800-2000. They will arrange for you to be swabbed and provide further direction.

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