

Horizon policy and provincial guidelines require you to complete a 14 day work-isolation and daily self-monitoring for symptoms as a result of your work related travel or living in the same residence as someone who has travelled outside of the Atlantic bubble for either work or pleasure.

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 absolutely necessary such as to seek medical care
- Avoid contact with individuals with chronic conditions such as compromised immune systems and older adults unless wearing a hospital grade mask
- At home stay in a separate room and 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 any interaction brief and wear a mask
- During your off hours do not go to public spaces such as grocery stores etc. ask others to go and get any essentials that you require. You are permitted out in your own outside area

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

For the first 14 days following your return from travel for work outside the Atlantic Bubble, Horizon expects you to monitor yourself for symptoms daily. In the workplace your Manager/designate will do an active screening (ask you the questions) once during your shift.

If you have two symptoms you are expected to stay home, self-isolate and call Employee Health @ 1-833-978-2580. If you develop symptoms while at work, you are to 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.

You will also be booked for Covid-19 testing on Day 2, 5 & Day 10 of the 14 day work isolation period. Employee Health will do the referral for you and arrange for the testing.

During your work-isolation we require you to monitor your health and symptoms daily. 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