

**To:** All staff and physicians  
**From:** Karen McGrath, President and CEO  
**Date:** Jan. 7, 2021  
**Re:** **Our collective commitment to stop the spread of COVID-19**

The second wave of COVID-19 has arrived in this province and once again, New Brunswickers are being asked to help stop the spread.

We know what to do and we know it works. Diligent adherence to Public Health and Infection Prevention and Control guidelines is required of each Horizon employee, physician and our patients and clients. Our previous successes were built on washing our hands, wearing a mask, keeping our distance and maintaining a small number of close contacts. Our future successes rely on these same foundations.

I am asking you, as employees and physicians in the health care field, to hold firm to these fundamental and crucial public health measures. I know you are tired after 10 months of stress and sacrifice, but I am asking you to live our Horizon values as we protect the services and care we provide to our patients and clients.

Please **do not come to work if you have two or more symptoms of COVID-19, even if they are mild symptoms.** Call Employee Health and Wellness (1-833-978-2580) to arrange for testing. The **screening process** required of staff and physicians is imperative to preventing spread.

**Continue to avoid gatherings**, both at work and at home. At work, in break rooms and staff common areas, adhere to the number of people allowed in a space at one time and ensure you maintain physical distance.

Your continued dedication to caring for your patients and clients, your colleagues and all New Brunswickers is admirable – thank you.

Sincerely,  
Karen