

To: All staff and physicians
From: Christie Ruff, Regional Director Employee Health, Wellness and Safety
Date: May 19, 2022
Re: **Employee Health and Wellness Updates**

Revised: Travel guidelines

We have revised our travel guidelines. Travel to Maine is now considered the same as travel within Canada for testing recommendations. Testing is recommended for travel outside of Canada (excluding Maine). The new guidelines can be viewed [here](#).


Reminder: Proof of COVID-19 booster (third dose)

Thank you for submitting proof of your COVID-19 vaccine through our [online portal](#). Please continue to provide this to Employee Health so we can keep your records up to date. This platform is for employees and salaried physicians. A few things to consider:

- **Privacy and security:** The platform has been reviewed and approved by our Chief Privacy Officer as well as our Regional Information Security Officer. It has been deemed secure and safe for you to use. Your information is only viewed by our Employee Health Wellness and Safety team.
- **Access:** You must use Microsoft Edge or Google Chrome to open this program. If you are not seeing fields to fill in, copy and paste the address below into one of the approved browsers:
<https://horizonnb.kicsdata.com/formentry.php?type=new&formId=5&launchedFrom=formList>
- **Additional support:** You can receive support by dropping into one of our Employee Health and Wellness clinics, Library Services or Employee Health offices.

Reminder: Employee Health and Wellness clinics

Where are they located and when are they open?

- Saint John Regional Hospital, Level 1 Amphitheatre, daily from 7:30 a.m. to
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3:30 p.m.

- The Moncton Hospital, 5400, Monday to Friday from 7:30 a.m. to 3:30 p.m.
- Dr. Everett Chalmers Regional Hospital, Chat Theatre, daily from 7:30 a.m. to 3:30 p.m.
- Miramichi Regional Hospital: Highland Theatre, Monday to Friday, from 7 a.m. to 3 p.m.

Who is this for? Any employee requiring Day 0, Day 5, or Day 10 testing on an exposure unit, or asymptomatic staff who wish to be tested or are directed to be tested.

What you need? No appointment required. Please bring your Medicare card.

What tests are offered? You can have a polymerase chain reaction (PCR) or Abbott ID point of care test (POCT).

Can I come from an outside facility to one of the Employee Health and Wellness clinics? Yes! We welcome you to use this service, however, you cannot enter the facility if you fail COVID-19 screening and/or are symptomatic. If you do not have parking access, we will provide complimentary parking passes.

