

### **In This Issue**

[Miramichi Area: Stairwell #6 is now closed](#)  
[Anxiety Management: Tools, Resources, and Support](#)  
[Self-Isolation](#)  
[Infection Prevention and Control Personal Protective Equipment COVID-19](#)  
[Irving Foundation Supports SJRHF](#)  
[GNB Update](#)

#### **Miramichi Area: Stairwell #6 is now closed**

Please be advised that until further notice, Stairwell #6, located just inside the staff entrance that spans Level 1 and Level 0, is no longer available for use unless in an emergency situation (e.g., exiting for a fire alarm).

#### **Anxiety Management: Tools, Resources, and Support**

For many of us, COVID-19 makes for a very uncertain future. Horizon employees remain on the job on-site, or remotely, because your work is a critical position or a support to those critical positions. These are trying times and we must be conscious of looking after our mental health.

While anxiety is a normal reaction to the pandemic as people worry about their own health and the health of their loved ones, too much anxiety can start to cause harm at work and at home.

There are [resources for mental wellbeing](#) accessible on Skyline. You can also contact the Employee and Family Assistance

Program at 1-866-721-1738 or [www.myinconfidence.ca](http://www.myinconfidence.ca)  
(Username: **GNB** Password: **inconfidence**)

#### **Self-Isolation**

The only instance for which self-isolation for 14 days is automatically required is upon returning from any destination outside of New Brunswick for non-work-related reasons.

In all other instances, Public Health officials or your primary health care provider will advise you whether you need to self-isolate for 14 days.

Public health officials will contact you directly if you have been referred to them by Telecare or if they have determined that you may have been in close contact with a presumptive or confirmed case.

If Public Health confirms you have had close contact with a presumptive case, they will advise you to self-isolate. Public Health does not advise contacts of a close contact to self-isolate.

# Bulletin #12: COVID-19

## March 27, 2020



Apart from Public Health officials, your primary health care provider may also require you to self-isolate for 14 days.

As part of their management of presumptive or confirmed cases, Public Health will contact employers if they have reason to do so, and will advise what measures should be taken in the workplace

### Infection Prevention and Control Personal Protective Equipment - COVID-19

The Office of the Chief Medical Officer of Health endorses the Public Health Agency of Canada (PHAC) Infection prevention and control for coronavirus disease (COVID-19): Interim guidance for acute health care settings.

PHAC Infection Prevention and Control Guidance recommends the following:

- In addition to Routine Practices, health care workers at risk of exposure to an individual presenting with signs and symptoms and exposure criteria consistent with COVID-19 should follow contact and droplet precautions. This includes the appropriate selection and use of personal protective equipment.
- An N95 respirator (plus eye protection), gloves and gown should be worn when performing aerosol-generating medical procedures on a person under investigation for COVID-19.

- Hand hygiene should be performed whenever indicate, paying particular attention during and after removal of PPE, and after leaving the patient care environment

### Irving Foundation Supports SJRHF

The Arthur L. Irving Family Foundation is donating one million dollars to the New Brunswick COVID-19 Emergency Relief Fund.

The Fund, established and administered by the Saint John Regional Hospital Foundation, is designated for areas of greatest need in health care facilities across the province as the effects of the pandemic impose themselves on our system, and our lives.

The Saint John Regional Hospital Foundation will report back to the community with specifics of where the funding has been utilized.

If you would like to donate to the New Brunswick COVID-19 Emergency Fund or learn more about the many areas of health care you support through the Foundation, please go to [thegive.ca](http://thegive.ca).

### GNB Update

Seven new cases of COVID-19 have been identified, bringing the total number of confirmed cases in New Brunswick to 33.

## Bulletin #12: COVID-19

### March 27, 2020



The new cases are:

- An individual aged 20-30, in Zone 1 (southeast), whose case is travel-related.
- An individual aged 60-70, in Zone 1 (southeast), whose case is travel-related.
- An individual aged 60-70, in Zone 1 (southeast), whose case is travel-related.
- An individual aged 30-40, in Zone 2 (south), whose case is travel-related.
- An individual aged 50-60, in Zone 3 (central west), whose case is travel-related.
- An individual aged 60-70, in Zone 3 (central west), whose case is travel-related.
- An individual aged 60-70, in Zone 3 (central west), whose case is travel-related.