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Procedural Masks for Employees

Please watch this [video message](#) from our Chief Human Resource Officer, Maura McKinnon, on the use of procedural masks by employees.

Horizon has introduced a new directive on the use of procedural masks by employees.

Effective today (Thursday, April 9), Horizon will begin providing two masks to every employee and physician upon completion of their initial screening into their facility. These procedural masks are to be used by staff and physicians in circumstances when it is not possible to maintain proper social distance.

As an employee, you will receive your masks when you enter the facility at the beginning of your shift at the designated screening areas.

For social distancing purposes, employees will receive two procedural masks **each day** and you are required to take care of the masks you receive.

If you are providing care to a patient whose treatment plan requires the use of Personal Protective Equipment, you are still required to follow the processes established by Infection, Prevention and Control. The procedural masks provided upon entry to the facility are not to be used for those purposes.

It is important to remember that even when wearing a mask, you should make every effort to maintain a distance of at least six feet or two metres from others.

Hand hygiene, respiratory etiquette, and staying home when you are unwell are still the best ways to prevent the transmission of COVID-19.

Initially procedural masks will be provided to employees working in hospitals. We are working to ensure that employees in community sites receive their masks in the coming days.

I am sure you will have additional questions about this directive. Like everything else, information is changing rapidly but I can assure you that more information will be distributed in the coming days.

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CEO Easter Message

Dear Staff and Physicians,

As we approach the Easter season, our thoughts naturally take us to memories of celebrating with the people we love. Like many of you, I had hoped to spend time together with family but will be separated from them because of the current health crisis.

While Easter 2020 promises to be very different in the way you celebrate, the message remains: Easter is a time of renewal, regeneration and new beginnings. We all long to see the COVID-19 pandemic behind us—and one day we will—but for the time being, we can be leaders in how we respond to this. Whether at work or with our families, we can make the most of what we've been dealt and be an example to those around us.

At work, you already have. I have seen the deeply-rooted values of our organization play out in your interactions with patients and colleagues throughout this crisis. You continue to show them compassion, empathy and respect as you strive for excellence despite the constantly changing conditions.

The same leadership qualities that guide your work are equally as important at home, especially now. Empathy, compassion and

respect can go a long way toward drawing us closer together, albeit virtually, during periods of uncertainty.

As you think of creative ways to connect with your loved ones this weekend, I hope you can face the upcoming holiday with gratitude and confidence and that you return with a renewed energy and a

deeper sense of purpose. Your patients and colleagues, your family and your community are counting on you.

For those of you who will be working during the holiday, I thank you for the sacrifices you continue to make for our patients and their families.

It's an honour to work alongside each of you every day. Stay safe and be healthy.

Happy Easter,

Karen McGrath

Daily Mindfulness Meditation Minutes for Staff

Fifteen minutes of online, live, guided mindfulness meditation is being offered daily, via [Zoom](#) video link for any interested Horizon staff and physicians.

In this time of heightened stress and anxiety it is easy to find ourselves functioning on constant high alert. This puts stress on our bodies and our immune system and makes it more difficult for us to respond with empathy, compassion and creativity. Mindfulness and self-compassion exercises can help us build our resilience and nourish a sense of inner peace.

Horizon's Pam Driedger and Lori Robertson are Certified Clinical Spiritual Care Practitioners and experienced Mindfulness instructors. They will offer sessions from 10 to 10:15 a.m. daily (including Saturday and Sunday) beginning Tuesday, April 14.

You can connect via phone, tablet or computer. If you are interested in participating, send an email to Pam.Driedger@HorizonNB.ca and

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she will send you a recurring Zoom meeting invitation. Once you have the invitation, you can join in on any day that works for you.

The Zoom software is free and can be downloaded to your own personal computer, tablet or phone. While some users may be able to download to their Horizon computer, Horizon does not officially promote its use and Service New Brunswick does not offer support in downloading this app.

GNB Update

Public Health confirmed three new cases of COVID-19, bringing the total number of confirmed cases in New Brunswick to 108.

The new confirmed cases include the first recorded in Zone 6, the Acadie-Bathurst region.

Of the 108 cases, 60 are travel-related, 33 are close contacts of confirmed cases, six are the result of community transmission and nine remain under investigation.

Ten people were hospitalized and four have since been discharged. Four of the six patients remaining in hospital are in the intensive care unit.

To date, 50 people have recovered.

The new cases are:

- An individual aged 60-69 in Zone 3 (Fredericton region)
- An individual aged 60-69 in Zone 3 (Fredericton region)
- An individual aged 80-89 in Zone 6 (Acadie-Bathurst region)

Dr. Jennifer Russell, chief medical officer of health, has directed New Brunswickers not to hold family gatherings, attend in-person religious services or hold recreational events over the Easter weekend, to avoid further spread of the COVID-19 virus.