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Update: Donning and Doffing Masks

As a follow up to [Bulletin #27a](#) and as a result in a change of directive regarding the use of masks, please watch this updated instructional [video](#) on how to properly and safely don and doff masks.

The instructional posters on How to Wear a Mask with [Loops](#) / [Ties](#) have also been updated.

Audio Recordings of Daily Mindfulness Meditation Minutes available on Skyline

As a follow-up to [Bulletin #20b](#) on Daily Mindfulness Meditation Minutes for Staff, audio recordings of the daily guided mindfulness meditation sessions are now available in the [Mindfulness Sessions for Staff](#) link on the bottom of Skyline's Spiritual and Religious Care page for all interested Horizon staff and physicians to access at their convenience.

Show Solidarity with Nova Scotia and Wear Red on Friday

The National Police Federation has asked Canadians to wear red on Friday, April 24 to mourn with Nova Scotia and Stand Together while being apart.

If you can, please wear something red that respects your uniform policy (hair scrunchie, pin, bracelet, sneakers etc).

If possible, please observe a moment of silence at 2 p.m.

We hope that this small gesture will help show our support for the RCMP and the families of all the victims of this tragic event.

Homemade Face Masks and Cloth Head Coverings

Many employees are likely aware of recent Canadian and international discussions on the wearing of homemade face masks to prevent contraction of COVID-19. While the initial stance discouraged healthy individuals from wearing either

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professional or homemade face masks, this has recently changed.

The World Health Organization (WHO), the Centres for Disease Control and Prevention (CDC), and the Public Health Agency of Canada (PHAC) are now advising that citizens can wear homemade face masks provided that social distancing, hand hygiene, and respiratory etiquette measures remain the forefront of our efforts to “flatten the curve.”

We recognize that many Horizon employees may want to wear homemade face masks for a variety of reasons. However, for the health and safety of our staff Horizon requires the use of medical grade masks for your protection in the workplace.

For those who are dealing with skin sensitivities there are a variety of products available to help. I would encourage you to visit the [Employee Health Skyline site](#) for more details, as well Employee Health is available for consultation.

There have also been requests to wear homemade head coverings for Personal Protective Equipment (PPE) purposes. For the same reasons this will not be permitted. In surgical environments, health care workers may continue to use cloth hair coverings, recognizing these are used to contain hair and not as PPE.

[Online Portal to Check COVID-19 Test Results](#)



Many of our staff who have undergone testing for COVID-19 are aware of the online portal (<https://myhealth.gnb.ca/>) to find out their results.

This is a very positive outcome for the people of New Brunswick who are anxious about receiving their results.

It is important that all Horizon employees understand that even if they have obtained a negative result, they are still required to contact Employee Health and Wellness in order to return to work.

Depending on the presence or absence of symptoms or other factors, employees may still be required to remain at home. Guidance from Employee Health and Wellness is critical to ensuring the safety of our staff and patients during these challenging times.

[GNB Updates](#)

Public Health reported no new cases of COVID-19 on Thursday, April 23.

The number of confirmed cases in New Brunswick is 118 and the number of active cases is 14. To date, 104 people have recovered. There are five patients hospitalized, including one patient in an intensive care unit.

Dr. Jennifer Russell, chief medical officer of health, thanked New Brunswickers for their continued adherence to physical

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distancing and other practices that have slowed the spread of the COVID-19 virus. She said it is important that these practices continue as elements of the “new normal” when restrictions now in place are gradually loosened.

Premier Blaine Higgs said the provincial government will present a recovery plan in the coming days.

