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Reminder: Self-screening

As Horizon progresses through the many changes associated with reintroducing services, employees and physicians are reminded that they must self-screen, clean their hands, and follow protocols for wearing procedural masks upon entry to our facilities. For more information on employee self-screening, please review [Bulletin #39 – COVID-19 – Employee Self Screening – May 7 2020](#).

Every employee and physician must review screening criteria to determine whether they may enter a Horizon facility, or whether additional follow-up with Employee Health and Wellness is required. You can review employee and physician self-screening questions in [this](#) poster.

Please continue to respect physical distancing, unless it's not possible for clinical reasons.

Mental Health Supports

The recent reports of violence in New Brunswick may be weighing heavily on your minds. Events like this can add to

feelings of distress and anxiety already heightened by the COVID-19 pandemic.

There are a number of tools available to help you navigate through these difficult times.

Our EFAP provider launched a microsite called [A stable mindset in an unstable world](#). This microsite explores Headline Stress Disorder, and how to protect your mental health while staying informed, as well as real-life tips to manage anxiety.

In addition, the Government of Canada has recently introduced two programs free to all Canadians:

- A toll-free 24/7 crisis hotline is available at 1-844-751-2133
- A global mental health support program called [Wellness Together Canada](#), consisting of free online resources, tools and connections to trained volunteers and qualified mental health professionals

As you may be aware, Horizon is working to start the planning of our recovery.

Bulletin #42: COVID-19

May 13, 2020

Horizon is taking the precautionary measures to ensure that the workplace is safe before it re-opens. Nonetheless, you may be feeling anxious. We encourage all employees to access all of the [inConfidence](#) online resources such as the [Mindfulness Toolkit; How to be active and stay fit at home](#); and other articles as you prepare for return to the workplace (Username: gnb Password: inconfidence).

We must also acknowledge that home is not a safe place for everyone. For anyone in an abusive relationship, being unable to leave the house to go to work can increase their vulnerability.

For support and guidance on how to recognize domestic or intimate partner violence and how to seek help if you're a victim or bystander, click [here](#). You can also find crisis lines, shelters and domestic violence outreach services across New Brunswick [here](#). Many of these services can help a person subjected to abuse plan for their own [safety](#) as well.

The Canadian Mental Health Association (CMHA) has webinars and videos available for support. CMHA provides access to resources that will assist you to maintain and improve mental health:

- [Canadian Mental Health Association NB](#) – Events Calendar
- Subscribe to [CMHA of NB YouTube Channel](#) and get notifications when new videos are posted.



We also encourage all employees to visit Skyline's [Employee Health and Wellness page](#) which is full of helpful resources as well as Horizon's [coronavirus resources page](#).

May is a time to raise awareness about sexual violence. If you need help, there are support lines you can call. For information on sexual violence services, click [here](#).

It is also important to remember that co-workers and managers can be bystanders, and there are steps you can take to check in on colleagues who may be abused. An abusive partner in the home may be less likely to be suspicious of a phone call or e-mail coming from a co-worker or manager. Visit [Domestic & Intimate Partner Violence Workplace Toolkit](#) for information and resources on steps you can take.

GNB Updates

Public Health reported no new cases of COVID-19 on May 12.

The number of confirmed cases in New Brunswick remains at 120; the number of active cases is two and 118 people have recovered. Neither of the active cases is in the hospital. There have been 18,379 tests conducted.