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COVID-19 Bulletin

Updated visitor guidelines

Horizon's visitor guideline posters have been updated and can be found [here](#).

Patients and visitors will continue to be actively screened at entrances for the presence of two or more COVID-19 symptoms.

All documents are posted on the [Skyline Coronavirus page](#) for easy reference.

RESULTS: COVID-19 Bulletin Satisfaction Survey

Thank you for participating in the COVID-19 Bulletin Satisfaction Survey. From June 25 to July 5, we received 768 responses.

Based on the results and the general reduction in COVID-19-related information that requires circulation, some general

Horizon-wide corporate all-user communications will be reintroduced. This week, you will notice a section in the bulletin focused on Horizon's corporate information.

Results

Are you satisfied with the reduction in emails during COVID-19?

- Yes 90%
- No 10%

Do you like getting all non-urgent corporate information in one email?

- Yes 93%
- No 7%

Do you like the format of the COVID-19 bulletins?

- Yes 88%
- No 12%

Bulletin #60: COVID-19 Information

July 7, 2020



Thank you for your patience as we continue to evolve our internal communication processes while ensuring the necessary, and sometimes critical, information reaches our employees and physicians.

Reminder: Self-screening criteria for employees and physicians

With the Atlantic Bubble in effect, Horizon has updated its COVID-19 screening questions for Staff and Physicians. The updated questions and signage can be accessed [here](#), and below.

All updated posters are available on the [Coronavirus Skyline](#) page.

All employees and physicians are reminded that they must self-screen, clean their hands, and follow protocols related to appropriate physical distancing and wearing of procedural masks in all Horizon facilities.

Every employee and physician must review the below screening criteria to determine whether they may enter a Horizon facility, or whether additional follow-up with Employee Health and Wellness is required. Employee Health is on call daily and is available to answer any questions or concerns by calling 1-833-978-2580.

If you answer **YES** to any of the below screening questions, **DO NOT ENTER THE BUILDING**. Instead, you are to:

- Contact Employee Health immediately by calling 1-833-978-2580
- Self-isolate
- Follow the appropriate absence notification process

#1: Do you have **TWO OR MORE** of the below symptoms?

- Fever/Signs of fever
- New cough or a cough that is getting worse
- Sore throat
- Runny nose
- Headache
- Diarrhea
- Loss of taste or smell
- New onset of myalgia (muscle pain)
- New onset of fatigue

#2: Have you been outside the Atlantic provinces (NS, PEI, NFLD & Lab) in the last 14 days for any reason, including work?

#3: Have you had close contact without the use of appropriate protective equipment with a confirmed case of COVID-19 and have not been cleared by Employee Health to return to work?

#4: Have you been in contact with Employee Health related to a previous screening and have had symptoms worsen since that time?

Reminder: EFAP is available for staff and family members

We understand the ever-changing circumstances surrounding COVID-19 can cause anxiety and stress and want to remind

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you that there is support available to you and your eligible dependents through Horizon's Employee Health and Wellness site as well as other resources available 24/7 through Horizon's [Employee and Family Assistance Plan](#) (EFAP) by calling inConfidence toll-free at 1-866-721-1738. These services are free and confidential.

Through the Employee Health and Wellness dedicated Skyline page, you can access resources and support on these topics and many more:

- Online learning sites for kids and offline fun for the family
- 15 min mindfulness sessions
- Tools for managers
- Mental Wellness
- Addiction Support

We encourage you to take a moment to look through the [inConfidence](#) online resources, which are available 24/7, by using the following log in credentials:

- Username: gnb
- Password: inconfidence

You will find access to supports such as:

- [Protecting your Well Being during COVID-19](#) (username → GNB, password → inconfidence)
- [Dealing with Anxiety](#) (username → GNB, password → inconfidence)
- [Overcoming Anxiety Podcast](#) (username → GNB, password → inconfidence)
- [Understanding Anxiety Disorders](#) (username → GNB, password → inconfidence)

- [Learn more about COVID-19](#) (username → GNB, password → inconfidence)
- [If you are self-isolating](#) (username → GNB, password → inconfidence)
- [Caring for others](#) (username → GNB, password → inconfidence)
 - Parenting
 - Helping Older Relatives
 - Staying Connected
- [Grief and loss](#) (username → GNB, password → inconfidence)
- [Work and Illness](#) (username → GNB, password → inconfidence)
- [If your job has been affected by COVID-19](#) (username → GNB, password → inconfidence)
- [Financial Worry](#) (username → GNB, password → inconfidence)
- [Maintaining your mental well-being](#) (username → GNB, password → inconfidence)

You can access these and many other resources, podcasts and even fitness and nutrition information through the Lifeworks App on your mobile device. Download the **LifeWorks** App free through Apple or Android Play Store.

Did you know that you also have **free** access to virtual fitness workouts? LIFT Session Virtual Fitness is available through your EFAP and provides you with an automated fitness journey and live chat access with certified coaches and can all be accessed

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on your mobile device through the **LIFT Session** App, after you sign up and download the free App.

[LIFT Session fitness](#), is an online wellness platform offering fitness solutions for people looking for an effective and affordable way to reach their fitness goals anytime, anywhere. LIFT session helps you reach your goals with [automated fitness journeys](#) and customized workout programs with live web chat with coaches.

Let's get started!

Access LIFT via the inConfidence website and following the below steps:

- Visit www.myinconfidence.ca
- Log in using - *User Name: **GNB*** and *Password: **inconfidence***
- From the homepage, scroll down the page to "**Quick Links**" and click on **LIFT Session Fitness**
- From here you will sign up, using an email and password of your choice
- Download the **LIFT Session** App *FREE* through Apple or Android Play Store to access from your mobile device

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. These are trying times and we must be conscious of



looking after our mental health. For more information on dealing with anxiety, view more information in [this memo](#).