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COVID-19 Bulletin

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With the increase in COVID-19-related communication required resulting from an outbreak in the Moncton area (Zone 1), you may not receive our weekly [Horizon Bulletin](#).

We are monitoring the need for non-COVID-19 communication and will resume regular Tuesday updates when appropriate.

It is important that information related to the outbreak reaches our staff in a timely manner. For the time being, the [COVID-19 Bulletins](#) will resume being sent daily, or as necessary in order to share up-to-date and important COVID-19 information.

All non-urgent all-user emails must continue to be filtered either through the Horizon Bulletin or the COVID-19 bulletin via Bulletin@HorizonNB.ca.

[Hair salon service – yellow phase](#)

Hair salons within Horizon facilities that are under the yellow phase are now able to provide service to patients by appointment.

All GNB Hair Salon, NB Cosmetology Association and Horizon Infection Prevention and Control guidelines will be followed.

Hair salon patrons are restricted to patients by appointment, and to staff that are currently in the facility as part of their work day. Outside appointments from the public will not be permitted.

It is at the discretion of the hair salon operators to determine if they will resume their service.

Hair salons that choose to open will communicate their appointment process and hours of operation to staff prior to opening.

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Contractors and service representatives essential work on site

During all phases of COVID-19, there are requirements for contractors and service representatives to access our sites, whether it is for essential service, installation or construction.

Site access will require appropriate COVID-19 compliance vetting, planning and ongoing monitoring.

A reminder that Facilities, Engineering & Property Management (FEPM) still requires advance notification by any department that requires use of any contractor and/or service representatives.

Please note in relation to orange zones:

- All vendors/service representatives that have worked or been in an orange zone will only be granted access to our facilities if for essential/urgent work or repair.
- The Department or the vendor/service representative should contact FEPM in advance to ensure they meet the criteria to gain access to our facilities (to avoid unnecessary travel only to be turned away)
- Due to the significant amount of projects happening at The Moncton Hospital, vendors/service representatives/contractors will be reviewed on a case by case basis to determine if it is essential/urgent work or can be paused at this time.

FEPM will ensure contractors and service representatives have provided appropriate notice and compliance to all established COVID-19 guideline criteria prior to accessing site.

No contractor or service representative should be on site if they've not been through this process.

Moncton and Campbellton areas moved to orange level

Due to local outbreaks of COVID-19, the provincial government announced the Moncton (Zone 1) and Campbellton (Zone 5) areas have both reverted from yellow to orange level.

If you live or work in these two areas, it is important that you familiarize yourself with the details of the orange level and the differences compared to the yellow level we have been living under for some time.

The most significant changes include:

- restricting your non-essential close contacts both socially and in workplaces;
- staying at home other than for work, school or accessing businesses or services which are allowed to remain open.
- staying in your two-household bubble (which also allows caregivers and immediate family); and
- limiting the size of indoor and outdoor gatherings.

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Please read the full details of the orange level carefully [here](#).

At work, please:

- maintain two-metre physical distance as much as possible;
- practice good sanitization, hand hygiene and respiratory etiquette; and
- ensure the proper use of face masks.

As announced last week, **masks are now mandatory in indoor public spaces.**

As an employer, we take this requirement very seriously. Failing to wear the proper mask inside or outside of our workplaces puts your coworkers and fellow New Brunswickers at risk. Horizon has every confidence that you will do your duty and protect each other from harm.

The outbreaks in Campbellton and Moncton are certainly concerning and can raise anxiety levels. Let's be kind to one another. If you are experiencing challenges, please access the mental health resources identified [below](#).

We will continue communicating significant developments as we monitor events.

Stay informed by checking the Horizon's Coronavirus [website](#) regularly for up to date information.

[Mental health supports](#)

The COVID-19 pandemic, and the experiences we have faced over the past few months, have continued to test our abilities with managing stress and anxiety. Horizon would like to remind employees of the many resources that continue to be available to assist us during these difficult times. An overview of the resources is below:

- Homewood Health (Employee and Family Assistance Program): confidential advice and support is available by calling 1-800-663-1142 (English). Employees can also access Homewood Health's online resources at www.Homeweb.ca.
- The Government of Canada is currently offering the following programs:
 - A toll-free 24/7 crisis hotline (1-844-751-2133). Individuals will receive crisis counselling support and/or referrals to community resources.
 - The global mental health support program called [Wellness Together Canada](#). This program consists of free online resources, tools, apps, as well as connections to trained volunteers and qualified mental health professionals.
- For support and guidance on how to recognize domestic or intimate partner violence, how to seek help if you're a victim, a child or a bystander, please click [here](#). You can also find information on crisis lines, shelters and domestic violence outreach services across New Brunswick [here](#). Many of these services can help a person subjected to

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abuse, plan for their own [safety](#) as well.

- The [Canadian Mental Health Association](#) (CMHA) provides access to resources that will assist you to maintain and improve mental health, community integration, build resilience, and support recovery from mental illness. Supports can be accessed through the links below in addition to visiting the [CMHA's events calendar](#).
- Subscribe to CMHA of NB's [YouTube](#) channel (for pre-aired webinars) and get notifications when new videos are posted.
- Sexual violence can have long-lasting impacts on survivors. It is linked to mental health difficulties, feelings of shame, self-blame, anger, as well as fear, and distressing memories of the experience. If you need help, there are support lines you can call. To find our more information about sexual violence services, click [here](#).
- The Sexual Assault Nurse Examiner (SANE) Program is still available during the COVID-19 pandemic. The program continues to respond to those who have experienced sexualized violence or intimate partner violence 24/7 at SANE response sites.
 - The emergency department remains the point of entry for patients. The SANE page has additional information, including SANE response locations and contact information at for both [Horizon](#) and [Vitalité](#).

- 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. Click [here](#) for the Domestic and Intimate Partner Violence Workplace Toolkit for information and resources on steps you can take.
- The Department of Health has also partnered with [MindWell](#), a Canadian-based company, to offer a series of online mindfulness training. This easy to navigate, bilingual resource is dedicated to teaching the skill of mindfulness in action. Additional details about [MindWell](#) programs is available [here](#).

GNB Updates from Oct. 14

On October 14, Public Health reported eight new cases of COVID-19. There were six cases in Zone 5 (Campbellton region) and two cases in Zone 1 (Moncton region).