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COVID-19 Bulletin

[Traveler isolating in an employee home](#)

We understand a number of employees will have family and friends returning home for Christmas break. As is required under the Emergency Order, these individuals must self-isolate for 14 days after entering New Brunswick.

If you have someone in your home who is self-isolating, you are responsible to ensure you make the necessary arrangements so your visitor's required self-isolation does not prevent you from coming to work.

The Government of New Brunswick has published the following requirements for people who are self-isolating and for those who are in the same home:

- While you have someone self-isolating in your home, visitors are not permitted, even if outside and maintaining two metres of distance.
- The person who is self-isolating must avoid contact with others in the household.

- You are required to maintain a two-metre distance from the person who is self-isolating in your household. If contact cannot be avoided, keep interactions brief and all individuals must wear a mask that covers the mouth and nose at all times.
- You must sleep in a separate room from a person who is self-isolating.
- You must use a separate bathroom from the person who is self-isolating. If this is not possible, you must ensure that commonly touched surfaces (door handles, light switch, sink, taps, counter, toilet, etc.) are disinfected after each use.
- Do not share personal items with the person who is self-isolating. Such items include hand towels, bed linen, utensils, toothbrushes, and electronics.

If you have someone in your home who is isolating, you are permitted to come to work provided that the above requirements are followed by you and by the person who is self-isolating. You are also permitted to pick up essential items or run essential errands.

For the entire document and the specific restrictions on those who are self-isolating, please click [here](#).

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Horizon expects employees to follow the above requirements if they have someone self-isolating in their home.

Paid leave will not be provided for employees who have someone self-isolating in their home. As annual vacations have already been approved, it is also very unlikely that vacation can be granted.

If you have someone in your home who is self-isolating for any reason, you must advise Employee Health and Wellness by calling 1-833-978-2580.

[14-day self isolation for health care providers](#)

There has been recent media attention regarding [United States \(US\) Centers for Disease Control \(CDC\)](#) options for reducing quarantine periods. Specifically, these are suggested for people who are contacts of confirmed COVID-19 cases or had an exposure such as travel, and are isolating to see if they develop symptoms. In New Brunswick this is included in the term self-isolation.

It is important to note that:

- US CDC still recommends a quarantine period of 14 days and recognizes anything shorter introduces risk of being less effective and increasing the spread of the virus. They note a substantial portion of infected persons never develop symptomatic illness but can still transmit the virus. They offer options given the

tremendous impact experienced in the United States and their epidemiologic context.

- The guidance relates to the incubation period (the time from exposure to the development of symptoms or positive test result) rather than the communicable period (the time which a person remains infectious once they develop disease, which for symptomatic people typically extends to about 10 days after symptoms begin unless disease is severe, or the patient is immunocompromised).
- Across jurisdictional scan for Canada revealed that all provinces use the 14-day self-isolation period for contacts of cases or those with exposure risk, with some provinces (Quebec, Ontario, Alberta, British Columbia) allowing removal of isolation at day 10 for confirmed cases with mild to moderate illness and symptom improvement. New Brunswick and other jurisdictions have used 14 days for both types of isolation to reduce confusion and improve consistency in communications. Decisions on exact timing of discharge of COVID-19 positive patients remains an issue of medical judgement, which typically falls to the regional medical officer of health or an infectious disease specialist.
- Local NB public health has followed individuals who have developed symptoms and were subsequently confirmed to be a case **after** day 10 of self-isolation. In

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our low incidence context, even a low number of missed cases can have a substantial impact.

As such, New Brunswick will be maintaining a 14-day isolation period for individuals who are close contacts of cases or those who may have been exposed due to non-essential travel, the only current exception being work related travel for New Brunswick residents who can follow a test based approach to reduce self isolation time, in order to allow necessary work related travel to continue.

We will continue to monitor any emerging evidence and advice on this topic.

GNB Updates

The GNB media briefing is at 3:30 p.m. today. When available, the GNB news release can be accessed [here](#).