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COVID-19 Bulletin



[COVID-19 Boosters for Health Care Workers](#)

Horizon staff and physicians are eligible for an mRNA COVID-19 booster if it's been at least **six months since their second dose of vaccine**.

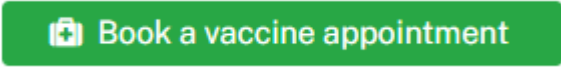

For those who are eligible, **appointments can be scheduled online** at a Horizon or Vitalité community clinic by [clicking here](#). A NB Medicare card is required to book online. If you are unable to book an appointment online or have questions, call **1-888-437-1424**. Instructions on how to access the online scheduler are below. Please note that **walk-ins will not be accepted** for booster doses and individuals must schedule an appointment.

Individuals must bring their proof of vaccination, i.e. immunization record, to their booster appointment.

For a full list of upcoming RHA community clinics and locations, please visit [COVID-19 Vaccination Clinics](#) or [Moncton Area - COVID-19 Vaccination Clinics](#)

Instructions for booking an appointment online starting today:

Note: Have Medicare card and date of second dose available when booking

1. Visit www.gnb.ca/BookaVaccine using a browser that supports this technology – such as Google Chrome, Microsoft Edge (Internet Explorer does NOT support)
2. Select “Book a vaccine appointment”.

3. Select “Register through a Horizon or Vitalité clinic”.

4. Chose correct eligibility group for Health Care Workers.
5. Follow instructions on the screen to complete your booking.

Bulletin #179: COVID-19 Information

Oct. 22, 2021

Mental Health Supports

Horizon has options to support you and your family through the ongoing COVID-19 pandemic. COVID-19 paired with the vaccination requirements for employees and physicians may be weighing heavily on your minds.

The daily updates of new positive COVID-19 cases, public exposures, and feeling stressed and fearful for our families takes a toll on our health and well-being. Anxiety can be problematic when it becomes persistent or impairs day-to-day tasks, rational decision-making, and / or maintaining healthy relationships. It is important to take care of yourself, and your loved ones.

We have tools to help:

- Visit [Homewood Health](#), or call 1-800-669-1142, our free Employee and Family Assistance Program which is a leader in mental health resources for employers and employees
- Horizon's Employee Health and Wellness page on [Skyline](#) contains many supportive resources.

As well, the [Canadian Mental Health Association New Brunswick](#) contains multiple resources for mental well being including information about pandemic-related anxiety, and tools such as webinars, tips, and workshops.

Remember to reach out and access these supports if you're feeling overwhelmed or anxious. You do not have to go through this alone. Remember to be kind - to yourself and those around you.



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Horizon
HEALTH NETWORK

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