



NH ARF COVID-19 VISITATION GUIDANCE

Yellow

COVID-19 Visitation Recovery Guidance Document for Nursing Homes (NH) and Adult Residential Facilities (ARF), applicable to facilities in yellow level of Provincial Recovery.

Adult Community Resources
Department of Social Development
August 26, 2020

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Updates

This is the newly revised, combined nursing home (NH) and adult residential facility (ARF) document. This document will reflect the changes announced on August 25, 2020 to visitation policies in both facilities.

This document replaces any previous versions of Visitation Guidance documents (for NH and ARFs).

Objective

For use in facilities currently in **Yellow level** of [Provincial Recovery](#).

Provide a visitation framework and guidelines for **NHs and ARFs** during the COVID-19 pandemic, while balancing risk and overall well-being of residents. The capacity guidelines provided are **maximums**, each individual facility may decide to **reduce** this capacity based on their operational ability to safely support these visits. This guidance does not apply to staff or essential health service providers (EMP, paramedics, physicians etc.) of NHs and ARFs.

This document provides a framework for each individual operator to use while addressing individual situations that arise within their facility. Many circumstances will differ and will require a risk assessment to be done by the operator and care staff using the most current Public Health information on epidemiological risk within the province or community.

Important

It is imperative that all persons entering these settings understand the risk of exposure to COVID-19 (for self and others); follow all related site policies and community public health measures in place; and remain vigilant in protecting themselves and others both while on site as well as off site.

Triggers for Escalating Restrictions

If Public Health has determined that the risk level for the region, or province has increased, and there is a need for stricter visitation measures, visitation guidelines will be adjusted and will take precedence over this document.

- If facility has 1 confirmed case of COVID-19, **ALL** visitations are **prohibited**.
- If a resident is currently awaiting results for COVID-19 testing, this resident is restricted from having visitation.

Prohibited from entering the facility:

- Individuals who answer **yes**, to any of the screening questions.
- Individuals who have **symptoms** or feeling unwell.
- Individuals who are on **self-isolation** as per relevant Public Health directives.
- Individuals who have had close contact with **confirmed case of COVID-19** in past 14 days.
- Individuals who have had close contact with someone **awaiting test results** for COVID-19.
- Individuals who have travelled **outside the Atlantic Provinces (New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador)** in the past 14 days.

Operational Plan

Your facility must have an operational plan which includes management of visitation, which must be available to a government official upon request. The **operational plan** may include:

- Capacity for visitation, schedule for visitation etc.
- Roster of chosen visitors, including contact information.
- Sample communication for family/friends, including restrictions, and instructions for visitation.
- Staff/volunteer who will be performing screening.
- Screening tool.
- Visitor log.

A guide for the creation of an operational plan can be found on the GNB website. <https://www2.gnb.ca/content/dam/gnb/Departments/eco-bce/Promo/covid-19/covid-op-plan-guide.pdf>

Community Public Health Measures

Strict adherence to **community public health measures** are essential for the successful re-introduction of visitations in nursing homes and adult residential facilities.

https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/community_measures.html

Community Public Health Measures

- physical distancing
- frequent and thorough handwashing
- cleaning surfaces properly
- respiratory hygiene
- community face masks

Please note: Occupancy limits in controlled indoor and outdoor settings should remain at a level which allow for physical distancing.

Control Measures

In addition to adherence to community public health measure which apply to all individuals, visitors entering NH and ARF facilities are subject to further control measures to protect the residents, as they are considered a vulnerable population at risk for severe outcomes related to COVID-19. Additional operator and visitor requirements will be outlined for each visit type.

Types of visitors/visits

Virtual	Video calls, phone calls etc.
Outdoor	Visits occurring in designated areas on the facility’s outdoor premises, such as garden or yard.
Indoor	Anywhere inside the facility’s physical building, areas should be identified within the facility to accommodate visits for residents living in semi-private rooms.
Palliative	Please refer to the most recent memo outlining palliative visitation criteria.
Designated Support Person (DSP)	Person identified by the resident or substitute decision maker as an important support. May be a family member, friend, companion, support worker, power of attorney/trustee, agent, legal guardian, or any other person identified by the resident or substitute decision maker.
Volunteers & Non-essential service providers	Service providers, or volunteers who are not considered essential but are important to residents’ overall wellbeing, such as hairdressers, volunteers, contractors and clothing providers etc.
General Visitors	Any visitors who are not: palliative resident visitors, designated support person, volunteers or non-essential service providers, <u>these visitors are subject to a maximum visitation capacity of 20%</u> (e.g. 20% of residents can have visitation per day).
Pets	Only pets who already reside in the facility are permitted. Pets from the community, either therapy pets or family pets, will not be permitted to enter.
Offsite Outings	Offsite outings (either day or overnight). Offsite passes are provided for resident to leave facility for overnight visits, these passes are different from Leave of Absence .

Outdoor Visitation

Visits occurring in designated areas on the facility's premises, such as garden or yard.

Requirements:

1. The visit is scheduled in advance.
2. The visit is to take place outside.
3. The visit is limited to 2 visitors at a time.
4. There is sufficient outdoor space to allow for physical distancing of 2 metres or 6 feet from the resident, which must be maintained throughout the visit.
5. The number of visits at one time is limited in order to respect the current recovery guidance for social gatherings.
6. Working with the family member or friend to schedule a time for the visit may help protect against large group gatherings at any given time.

Indoor Visitation

Visitation occurring anywhere inside the facility's physical building, areas should be identified within the facility to accommodate visits for residents living in semi-private rooms. **Entry may be refused if there is reason to believe an individual is not abiding by the requirements outlined below.**

Operator Requirements:

1. Keep a list of all visitors, and their contact information.
2. Control facility access (schedule for visitation, one entry point etc.)
3. Actively screen all visitors.
4. Maintain documentation (date/time of visit etc.)
5. Discuss and explain safe visiting practices (mask use, hand hygiene, respiratory hygiene and physical distancing).
6. Provide required PPE.
7. Cleaning and disinfecting of chairs, high touch surfaces, objects etc.

Visitor Requirements:

1. Undergo active screening at entry, and self check for symptoms throughout visit.
2. Coordinate all visits with operator.
3. Be educated, and adhere to all community public health measures, and related facility policies.
4. Only visit with resident they are designated to visit with.
5. Wear a mask continually.
6. Maintain physical distancing.
7. Notify operator if any symptoms that arise within 14 days of visiting a resident.
8. Food or gifts brought to the facility must be non-perishable and must be easily cleaned and disinfected prior to giving to the resident.

Palliative Visitation

Residents who meet the eligibility requirements for palliative care visits, will be permitted to do so, regardless of the other visits occurring in the facility that day. Please refer to the most recent memo outlining palliative visitation criteria.

Palliative Exemptions for visitors arriving from outside the Atlantic Provinces

If a designated visitor is from outside of the **Atlantic Provinces**, they can apply for an exemption to cross the inter-provincial border for compassionate reasons. The individual can be directed to call 1-800-863-6582. This process is being managed through a partnership between the Department of Public Safety and the Red Cross.

Once a visitor arrives in the province, they will be monitored by regional Public Health for the 14-day period.

If the resident's death is imminent (within 7-14 days), the out-of-province visitor will be permitted to self-isolate for a minimum of 5 days and then be tested for COVID-19. If the test is negative, the visitor would then be allowed to visit, provided they agreed only to go to and from the place where they will self-isolate and the resident's room. This visiting plan would need prior approval from the facility to ensure its feasibility. If approved, the visitor would need to show his or her test result to gain entrance.

Designated Support Person

To maintain a person-centered approach, residents are permitted to re-introduce a designated support person. The designated support person is deemed essential to maintaining the resident's mental and physical health, while retaining necessary safety precautions. Operators should not unreasonably deny entry to designated support persons, however, implementation of this guideline may vary from facility to facility based on operational ability to safely support these visits.

Designated Support Person: person identified by the resident or substitute decision maker as an important support. May be a family member, friend, companion, support worker, power of attorney/trustee, agent, legal guardian, or any other person identified by the resident or substitute decision maker.

Selection

Up to two (2) individuals per resident may be selected to be a designated support person.

- May identify a temporary replacement if a designated support person is unable to perform their role for a period of time (e.g. self-isolation, out of town, or otherwise unable).
- It is possible for multiple residents to have the same designated support person.
- In case of dispute over selection of a designated support person, the operator may decline selection in order to prevent disruption of care to residents.

Access

- Designated support person may only have access to one facility.
- Designated support person should contact the facility to coordinate the time of their visits to ensure the operator has the opportunity to manage the number of people on site at any given time.
- Recommended that the designated support person establish a standing schedule (a schedule that is consistent week after week) based on the resident's needs and preferences.

Designated Support Person

Operator Requirements

An operator must:

1. Proactively and collaboratively work with the residents, or substitute decision makers to confirm up to two (2) designated support persons per resident, ensuring each resident has the level of support they desire and/or require.
2. Keep a list of all designated support persons.
3. Provide ID badge with name tag that indicates designated status.
4. Ensure all designated support persons are actively screened upon entry to facility and instruct persons to proceed directly to expected location of visit.
5. Maintain documentation.
6. Discuss and explain **safe visiting practices** (see next page) and related facility policies to all residents and designated support persons and instruct all persons to adhere to them.
7. Ensure residents and designated support persons have or are provided with the required PPE (based on precaution required), have been trained to use, and have practised the appropriate use of the PPE.
8. Operators may use volunteers for specific tasks to help support the implementation of designated support persons (e.g. remote virtual/telephone training and education support to designated support persons, remote scheduling support etc.).
9. Operators are encouraged to develop an informal contract outlining designated support person requirements (see below).

Designated Support Person Requirements

All designated support persons must be instructed to:

1. Undergo **active screening** at entry and self-check for symptoms throughout visit.
 2. Coordinate all visits with operator.
 3. Be educated and adhere to **safe visiting practices** (see next page) and related facility policies.
 4. Only visit with the resident(s) they are supporting.
 5. Wear a mask continually indoors and outdoors.
 6. Maintain physical distancing when possible.
 7. Notify the operator of any symptoms that arise within 14 days of visiting a resident.
 8. It is imperative that all persons entering these settings:
 - ✓ Understand the risk of exposure to COVID-19 (for self and others);
 - ✓ Follow all related site policies and Public Health measures in place; and
 - ✓ Remain vigilant in protecting themselves and others both while on site as well as off site.
- **Entry may be refused if there is reason to believe an individual is not abiding by these responsibilities.**

Designated Support Person

Safe Visiting Practices for Designated Support Persons

(non-outbreak situations)

Hand Hygiene

All persons visiting, including the residents, must wash their hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer, before, during as appropriate, and after all visits. Note: an operator may require the visiting person to provide their own hand sanitizer.

Use of PPE – General Practices

All designated support persons are required to wear a mask (community or medical) continuously and be instructed how to put on and take off that mask and any other PPE that may be required. Note: masks may be provided by the operator if designated support person does not have their own).

Use of PPE to Enable Safe Physical Touch

The risk of transmission of COVID-19 increases with close proximity. If a resident and their designated support person understands this and they wish to include physical touch in their visits, this may be done by the following additional guidance:

- Immediately stop close contact with resident and inform staff if they are or become symptomatic during the visit.
- Continuously wear a mask that covers the nose and mouth.
- Though a resident does not need to also wear a mask, they may choose to do so.
- Perform hand hygiene (hand washing and/or use of alcohol-based hand sanitizer) both before and after direct physical contact with the resident.

Residents on Isolation Precautions

- Residents who are suspect cases of COVID-19, who are on isolation precautions, will not be permitted to have any visitation.
- Residents who are on isolation precautions for other reasons (e.g. norovirus, or influenza) may have a designated support person visit, at the operator's discretion. Required PPE (based on precaution) must be worn by designated support person at all times.

Non-essential Service Providers & Volunteers

Service providers, or volunteers who are not considered essential but are important to residents' overall wellbeing, such as hairdressers, volunteers and clothing providers.

Please note: **volunteers** are to only have access to one facility.

Operator Requirements:

1. Keep a list of all visitors.
2. Control facility access (schedule for visitation, one entry point, etc.)
3. Actively screen all visitors.
4. Maintain documentation (date/time of visit etc.)
5. Discuss and explain safe visiting practices (mask use, hand hygiene, respiratory hygiene and physical distancing).
6. Provide required PPE.
7. Cleaning and disinfecting of chairs, high touch surfaces, objects etc.

Visitor Requirements:

1. Undergo active screening at entry, and self check for symptoms throughout visit.
2. Coordinate all visits with operator.
3. Be educated, and adhere to all community public health measures, and related facility policies.
4. Only visit with resident they are designated to visit with.
5. Wear a mask continually.
6. Maintain physical distancing as much as possible.
7. Notify operator if any symptoms that arise within 14 days of visiting a resident.

General Visitors

Any visitors who are not: palliative resident visitors, designated support persons, volunteers or non-essential service providers.

20% of residents can have **general visitors** in a day. For example, a 20-home bed could allow 8 visitors per day, or 4 residents at 2 visitors per day, or a 100-bed facility could allow 40 visitors per day, or 20 residents up to 2 visitors per day. Individual operational abilities may vary for each facility. It is assumed that every resident may have 2 visitors every 5 days.

Your facility may want to schedule appointments for visits or implement strict visitation hours to allow for fair distribution of visitations between residents, to ensure enough staff or volunteers present for screening of visitors and to avoid visitations during busy times at your facility (meal time, shift change etc.).

Operator Requirements:

1. Keep a list of all visitors.
2. Control facility access (schedule for visitation, one entry point, etc.)
3. Actively screen all visitors.
4. Maintain documentation (date/time of visit etc.)
5. Discuss and explain safe visiting practices (mask use, hand hygiene, respiratory hygiene and physical distancing).
6. Provide required PPE if necessary.
7. Cleaning and disinfecting of chairs, high touch surfaces, objects etc.

Visitor Requirements:

1. Undergo active screening at entry, and self check for symptoms throughout visit.
2. Coordinate all visits with operator.
3. Be educated, and adhere to all community public health measures, and related facility policies.
4. Only visit with resident they are designated to visit with.
5. Wear a mask continually.
6. Maintain physical distancing.
7. Notify operator if any symptoms that arise within 14 days of visiting a resident.

Offsite Outings

To maintain a person-centered approach, including psychosocial and cultural aspects of holistic wellness, residents are to be permitted to overnight and weekend passes.

It is imperative that residents remain vigilant in their actions to protect themselves and others around them from COVID-19. Residents remain at extremely high risk of severe outcomes if they contract COVID-19.

Resident Offsite Pass: pass provided to resident to leave facility for overnight visits, these passes are different from **Leave of Absence**.

Operator Requirements

An operator must:

1. Collaboratively work with the residents, or alternate decision makers to accommodate resident offsite passes.
2. Maintain a record of contact information of persons resident is leaving with/or visiting while on pass.
3. **Actively screen** visitor accompanying resident on pass (if applicable).
4. **Actively screen** resident prior to leaving facility.
5. **Actively screen** resident upon return to facility.
6. Maintain documentation.
7. Review resident/visitor requirements (see next page) for safe offsite visitation.
8. Perform a Point of Care Risk Assessment upon resident's return to assess the risk and determine appropriate control measures.
9. Ensure all mobility aids, such as wheelchairs, canes and walkers will be cleaned upon the resident's return to the facility.
10. Operators are encouraged to develop an informal contract outlining resident/visitor requirements (see next page).

Offsite Outings

Resident/Visitor Requirements

All residents leaving the facility must be instructed to:

1. Coordinate all visits with operator.
 2. Undergo **active screening** upon leaving and returning to facility.
 3. Perform daily self-check for symptoms throughout duration of pass, and immediately notify facility of onset of symptoms.
 4. Be educated and adhere to all community Public Health measures currently in place.
 5. Wear a mask at all times and ask that anyone with you also wear a mask.
 6. Maintain hand hygiene.
 7. Safe physical distancing to be maintained.
 8. Ensure **safe transportation** (see next page).
 9. Notify the operator of any symptoms that arise within 14 days of the visit.
- Passes may be refused if there is reason to believe an individual (resident or visitor) is not abiding by these responsibilities.
 - Upon return, a risk assessment will be conducted to determine appropriate control measures, which may include isolation precautions.

Offsite Outings

Safe Transportation

Any transportation must be done as safely as possible. Operators must communicate the following Safe Transportation expectations to residents and families as appropriate. Residents, families and visitors are responsible for contributing both to their own safety and to the safety of the other residents and staff at the site to which the resident will return.

Transportation within private vehicles

(e.g., if resident drives self or when a visitor or family member picks up a resident)

- The resident or visitor/family member will ensure that the vehicle has been cleaned and disinfected prior to the resident entering, with focus on high touch surfaces (e.g. handles, steering wheel, window controls, armrests, seat belts, etc.)
- Driver and all passengers must be masked
- The driver and resident/passengers will sit as far apart as possible, minimizing the number of passengers in the vehicle (e.g. one driver with resident sitting as far away as possible)

Public Transit

(including city busses, handi-bus, etc.)

- Follow guidelines set out by municipal transit operators to maintain safety
- Maintain safe physical distancing
- Wear a mask
- Frequently use hand sanitizer and especially after having contact with high touch surfaces (e.g. armrests, doors and railings, handles, etc.)

Transportation within facility operated vehicles

(shuttle buses, vans, etc.)

- Ensure vehicle has been cleaned and disinfected prior to residents entering, with a focus on high touch surfaces (e.g. handles, steering wheel, window controls, armrests, seat belts, etc.)
- The driver and passengers must be masked (residents, staff, driver)
- Sit as far apart as possible, minimizing the number of passengers in the vehicle
- Frequently use hand sanitizer and especially after having contact with high touch surfaces (e.g. armrests, vehicle doors and handles, etc.)

Current and Announced Lifting of Restrictions

As of June 5, 2020	The following visitations are permitted: <ul style="list-style-type: none"> • Volunteers • Family/Friends: <u>outdoor</u> visits at facility, 2 visitors at a time while maintaining physical distancing.
As of June 10, 2020	The following visitation are permitted: <ul style="list-style-type: none"> • Non-essential service providers
As of June 19, 2020	The following visitations are permitted: <ul style="list-style-type: none"> • Friends and Family: <u>indoor</u> visits within facility, with capacity limits, and strict controls.
As of July 3, 2020	Visitors from the Atlantic Provinces are permitted: <ul style="list-style-type: none"> • Atlantic Canadians will be able to travel freely between the four Atlantic Provinces. As a result, visitors from Nova Scotia, Prince Edward Island and Newfoundland and Labrador are permitted to visit New Brunswick long-term care facilities without a 14-day self-isolation period.
As of July 20, 2020	Phase 2 of Visitation Recovery may be implemented in facilities.
As of August 25, 2020	The following visitations are permitted: <ul style="list-style-type: none"> • Designated Support Persons • Offsite Passes

References

1. Office of the Chief Medical Officer of Health, Province of New Brunswick. *COVID-19 Guidance for Long-term Care Facilities (LTCF)*. Updated August 2020. Accessed August 20, 2020. https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/covid-19_ltcf_guidance-e.pdf
2. National Institute on Ageing. *Finding the Right Balance: An Evidence-Informed Guidance Document to Support the Re-Opening of Canadian Long-Term Care Homes to Family Caregivers and Visitors during the COVID-19 Pandemic*. <https://static1.squarespace.com/static/5c2fa7b03917eed9b5a436d8/t/5f0f2678f205304ab1e695be/1594828410565/%27NIA+LTC+Visitor+Guidance+Document.pdf> Published July 2020. Accessed July 24, 2020.
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4. Public Health Agency of Canada. *Interim guidance: Care of residents in long term care homes during the COVID-19 pandemic*. 2020. Updated July 17, 2020. <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/residents-long-term-care-homes-covid-19.html#a7.0> Accessed July 24, 2020.
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6. Alberta Health Services. *COVID-19 Designated Family/Support and Visitation Guidance*. July 20, 2020. <https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-covid19-infosht-visiting-pts-pandemic.pdf>. Accessed July 27, 2020.
7. Alberta Health. Office of the Chief Medical Officer of Health. *CMOH Order 29 – 2020* <https://open.alberta.ca/publications/cmoh-order-29-2020-which-rescinds-cmoh-order-14-2020-2020-covid-19-response> Accessed July 27, 2020.

Appendices

Please find a list of appendices that have been attached to this document below. You will find links to the original documents posted here for your use. Other printable resources can be found here:

https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/resources.html

Appendix A: Screening Poster

<https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/ScreeningEF.pdf>

Appendix B: Sample Log Form

Appendix C: Community Mask

<https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/MASK.pdf>

Appendix D: Use Hand Sanitizer Poster, French and English

<https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/SanitizerDesinfectant.pdf>

Appendix E: Protect yourself and others from getting sick Poster

<https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/CDC/PosterCL.pdf>

Appendix A: Sample Screening Tool

ATTENTION

PLEASE DO NOT ENTER THE FACILITY WITHOUT ANSWERING THE FOLLOWING QUESTIONS:

1.

Do you have any of following symptoms:

fever/feverish, sore throat, headache, runny nose, a new cough or worsening chronic cough, new onset of fatigue or muscle ache, diarrhea, loss of taste or smell; in children, purple markings on the fingers or toes?

If you answered YES, and have ONLY ONE symptom, you may phone 811 to discuss COVID-19 testing, but you do not need to self-isolate. As a precaution, please self-monitor for onset of additional symptoms that may develop.

If you answered YES, and have 2 OR MORE of the symptoms, then self-isolate at home, and call 811.

2.

If you answer YES to ANY of the following below, then you must stay home and self-isolate for 14 days.

If you develop symptoms, please refer to the self-assessment link on the Government of New Brunswick webpage.

- a. Have you had close contact within the last 14 days with a confirmed case of COVID-19?
- b. Have you been diagnosed with COVID-19 within the past 14 days?
- c. Have you returned from travel outside of Newfoundland and Labrador, New Brunswick, Prince Edward Island and Nova Scotia within the last 14 days (IF for work purposes, you are not required to self-isolate upon return, but should self-monitor for symptoms)?
- d. You have been told by public health that you may have been exposed to COVID-19.

Follow Public Health advice if you are waiting for testing results for COVID-19 or have been told to self-isolate.

If you develop symptoms, please refer to the self-assessment link on the Government of New Brunswick webpage.

ATTENTION

VEUILLEZ NE PAS ENTRER DANS L'ÉTABLISSEMENT SANS D'ABORD RÉPONDRE AUX QUESTIONS CI-DESSOUS :

1.

Présentez-vous l'un des symptômes suivants : fièvre ou sensation de fièvre, mal de gorge, mal de tête, écoulement nasal, nouvelle toux ou toux chronique qui s'aggrave, fatigue nouvellement apparue ou douleurs musculaires, diarrhée, perte de goût ou de l'odorat; chez les enfants, taches mauves sur les doigts ou les orteils?

Si vous avez répondu OUI et que vous n'avez qu'un seul symptôme, vous pouvez appeler le 811 pour discuter des tests de dépistage de la COVID-19, mais vous n'avez pas besoin de vous isoler. Par mesure de précaution, veuillez-vous surveiller en cas d'apparition d'autres symptômes.

Si vous avez répondu OUI et que vous présentez au moins deux de ces symptômes, isolez-vous à la maison et appelez le 811.

2.

Si vous avez répondu OUI à l'une des questions suivantes, vous devez rester chez vous et vous isoler pendant 14 jours.

Si vous présentez des symptômes, veuillez vous reporter au lien d'auto-évaluation sur la page Web du gouvernement du Nouveau-Brunswick.

- a. Avez-vous eu des contacts étroits avec un cas confirmé de COVID-19 dans les 14 derniers jours?
- b. Avez-vous reçu un diagnostic de COVID-19 dans les 14 derniers jours?
- c. Êtes-vous revenu d'un voyage à l'extérieur de Terre Neuve-et-Labrador, du Nouveau-Brunswick, de l'Île du-Prince-Édouard et de la Nouvelle-Écosse dans les 14 derniers jours (Si, pour des raisons professionnelles, vous n'avez pas besoin de vous isoler à votre retour, mais devriez vous surveiller pour l'apparition de symptômes)?
- d. Le personnel de Santé publique vous a-t-il Informé que vous avez peut-être été exposé à la COVID-19?

Suivez les recommandations de la Santé publique si vous attendez les résultats d'un test de dépistage de la COVID-19 ou si vous avez reçu l'ordre de vous isoler.

Si vous présentez des symptômes, veuillez vous reporter au lien d'auto-évaluation qui se trouve sur la page Web du gouvernement du Nouveau-Brunswick.

For the latest information visit:

www.gnb.ca/coronavirus



Pour obtenir des renseignements à jour :

www.gnb.ca/coronavirus

Appendix C: Community Mask (1 of 2)

USE OF A **COMMUNITY FACE MASK** TO HELP REDUCE THE SPREAD OF COVID-19



To help combat the community spread of COVID-19, **WEARING A COMMUNITY FACE MASK IS REQUIRED** in public when physical distancing can't be maintained. This measure is to protect people around the person wearing the face mask, in case they are infected but do not have symptoms.

Community face masks are not a substitute for proper hand hygiene or physical distancing. Continue to wash your hands frequently and stay at least 2 metres (6 feet) away from people, except those in your household.

HOW TO PUT ON YOUR MASK

It is important to understand that community masks have limitations and need to be used safely.

1



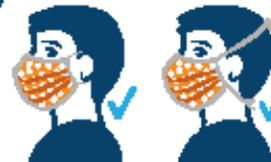
Ensure the face covering is clean and dry.

2



Before putting on your mask, wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.

3



Ensure your hair is away from your face. Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely, ensuring your mask fits snug on your face.

4



Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.

5



Do not touch the front of the mask while you wear it. Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer if you accidentally touch your mask.

For the latest information visit:
GNB.CA/CORONAVIRUS
May 8, 2020



Appendix C: Community Mask (2 of 2)

USE OF A **COMMUNITY FACE MASK** TO HELP REDUCE THE SPREAD OF COVID-19



HOW TO REMOVE YOUR MASK



1 Before taking off your mask, wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.



2 Do not touch the front of your mask to remove it and be careful not to touch your eyes, nose, and mouth when removing your face mask.



3 Remove the elastic loops of the mask from around your ears or untie the strings from behind your head.



4 Hold only the loops or strings and place your cloth mask directly in the wash. If you are in your car, place into a bag until you get home to wash or discard it. If throwing it out, place it into a garbage bin or plastic bag.



5 Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer after you have discarded your mask.

COMMUNITY MASKS OR FACE COVERINGS SHOULD NOT:

- ✿ be placed on children under the age of two years;
- ✿ be placed on anyone unable to remove them without assistance;
- ✿ be placed on anyone who has trouble breathing;
- ✿ be made of plastic or other non-breathable materials;
- ✿ be made exclusively of materials that easily fall apart, such as tissues;
- ✿ be secured with tape or other inappropriate materials;
- ✿ be shared with others; or
- ✿ impair vision or interfere with tasks.

Community face masks should be washed regularly. They can be made at home from common materials at a low cost. For more information on how to make a sew and no-sew cloth face covering, visit the [Public Health Agency of Canada's website](https://www.canada.ca/en/public-health/services/diseases/2019-nCoV-face-mask.html).

For the latest information visit:
GNB.CA/CORONAVIRUS
May 8, 2020



Appendix D: Hand Sanitizer

USE HAND SANITIZER

PROTECT YOURSELF AND
OTHERS FROM GETTING SICK

When soap and water are not
available, do the following:

1

Dispense gel into hands.
*Verser du désinfectant
dans la main.*



2

Rub together.
*Frotter les mains
ensemble.*



3

Rub hands until dry.
*Frotter les mains jusqu'à
ce qu'elles soient sèches.*



For the latest information visit:
Pour obtenir des renseignements à jour :

www.gnb.ca/coronavirus



Appendix E: Protect Yourself & Others

Coronavirus (COVID-19)

PUBLIC HEALTH ADVICE



PROTECT YOURSELF AND OTHERS FROM GETTING SICK:



 <p>Wash your hands often with soap or hand sanitizer</p>	 <p>Elbow cough/sneeze</p>	 <p>Avoid touching eyes, nose, mouth with hands</p>	 <p>Cleaning surfaces properly</p>
 <p>Wearing a community face mask is required in public when physical distancing can't be maintained</p>	 <p>Stay home if you are sick</p>	 <p>Avoid contact with sick person</p>	 <p>Physical Distancing</p>

NEW SYMPTOMS INCLUDE:

 <p>Fever above 38 degrees Celsius</p>	 <p>A new cough, or worsening chronic cough</p>	 <p>Difficulty breathing</p>	 <p>Runny nose</p>	 <p>Sore throat</p>	 <p>Headache</p>
 <p>A new onset of fatigue</p>	 <p>A new onset of muscle pain</p>	 <p>Diarrhea</p>	 <p>Loss of sense of taste</p>	 <p>Loss of sense of smell</p>	 <p>In children, purple markings on the fingers and toes</p>

May 8th, 2020

FEELING SICK OR HAVE CONCERNS?

CALL TELE-CARE 811 BEFORE YOU PRESENT AT YOUR HEALTHCARE PROVIDER'S OFFICE OR THE EMERGENCY ROOM

For the latest information visit: www.gnb.ca/coronavirus

