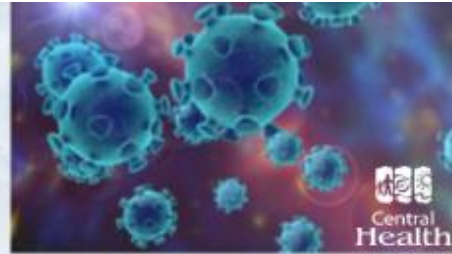


COVID-19 Update

Employee and Physician Information



December 22, 2021

Central Region Update

- As of December 22, 2021, at 3 p.m. NDT, there were 10 new cases in Central Newfoundland. \
- Three under 20 years of age;
- Two between 20-39 years of age;
- Two between 40-49 years of age;
- One between 60-69 years of age; and
- Two 70 years of age and above.

There are three females and seven males. Seven are contacts of previously known cases and three are under investigation.

- Central Health had 64 active cases. The total number of confirmed cases for the Central Health region is 550.
- 55,829 tests have been administered, and 476 people have recovered.

General Update

- As of December 22, at 3 p.m. NDT: There were 60 new confirmed cases. Newfoundland and Labrador had 223 active cases. The total number of confirmed cases of COVID-19 in Newfoundland and Labrador is 2,327.
- 368,892 tests have been administered, and 2,079 people have recovered.
- For more information, please go to the Government of Newfoundland and Labrador website www.gov.nl.ca/covid-19/.

Vaccine Update

On a weekly basis the province provides an update on where Newfoundland and Labrador stands with regards to its vaccine delivery.

- As of December 22, 2021, the province has administered **957,715** doses of COVID-19 vaccine and **461,593** people 12+ are fully vaccinated.
- As of December 22, 2021, **92.40 per cent** of the eligible 12+ population is fully vaccinated, and **64.41 per cent** of the eligible 5-11 population have received their first dose.
- As of November 29, 2021, the province has received **1,007,800** doses of COVID-19 vaccine.

Operations Update

Provincial Update

The province held its last live update before Christmas, which can be viewed [here](#).

Alert Level 3

Effective midnight (12:00 am December 23, 2021) the entire province will move to Alert Level 3.

This means:

- Weddings, funerals, burials, religious and cultural ceremonies are limited to 100 people or 50% of venue capacity, whichever is less.
- Public visitations are permitted, with one household bubble visiting at a time. Wakes are prohibited.
- Performance spaces, cinemas and bingo halls are closed.
- Fitness facilities, swimming pools, arenas, and dance studios are permitted to open, with a maximum capacity of 100 people or 50 per cent capacity per room or ice surface, whichever is less. Physical distancing between household must be maintained.
- Restaurants are open at 50% capacity with physical distancing. Bars and lounges are closed.
- Amateur sport and recreation activities are limited to team practice and training only. Competition and training with other teams, even within the association is not permitted.
- Informal gatherings such as those in the home are limited to your household's steady 20.
- With regard to travel within the province, please stop and consider if your travel is essential. If you must travel, please be cautious and keep your contacts low.

The province will reassess on January 10, 2022, to determine the Alert Level can change.

Boosters

There is a significant demand for COVID-19 booster shots right now. The Chief Medical Officer of Health asks the public to have patience while pharmacies, clinics and regional health authorities schedule appointments. Please know there is enough supply for everyone that wants a booster. Do not schedule a booster dose before you have reached 22 weeks past the completion of your primary vaccine series.

Intranet:

[Screening Tools & Visitations Guidelines Section:](#)

- Guidance – NL – LTC, PCH, CCH – December 22nd (full document)
- Guidance – NL – LTC, PCH, CCH – December 22nd (summary document)

[PPE Section:](#)

- NL PPE Interim Guidance Dec 22 2021

OHN Line

The Occupational Health Nurse line (424-2424) is experiencing a high volume of calls. When calling, please consider the following:

- Please be patient and leave one message. Multiple messages are increasing delays.
- If you have failed your self-assessment or are experiencing any symptoms, you are required to isolate and not return to work. Please proceed to the nearest swabbing clinic if possible or leave a single message on the 424-2424. You will be required to connect with an Occupational Health Nurse via 424-2424 prior to returning to work, after your negative test result.
- If you are concerned about being involved in a public advisory, you are not required to isolate if you are not experiencing any symptoms. Please proceed to the nearest swabbing clinic available for testing.

Visitor Restrictions

Effective Midnight (12:00 am), Thursday, December 23, Central Health will implement visitor restrictions at all Central Health facilities to align with the provincial shift to Alert Level 3.

Sites where an outbreak is present the visitation of **one designated visitor per patient/resident** is permitted.

Alert Level 3 areas where this is no identified outbreak, two designated visitors can visit. A support person may be identified and may not be needed for all patients/residents. Specific criteria for the definition of a support person.

A **designated visitor** can be a loved one, friend, paid caregiver, or other person of the patient/resident's choosing. Once identified, the designated visitor should remain constant for the duration of the visiting restrictions at health care facilities and residential care homes.

A **support person** is an individual considered by the patient/resident's care team to be paramount to the resident's physical care and mental well-being, and can be a loved one, friend, or paid caregiver. They may provide assistance with feeding, mobility, personal care, communication assistance or assistance with significant behavioural symptoms.

Obstetrics, Pediatrics, and the Intensive Care Unit (ICU) can continue to have 2 designated visitors while in Alert Level 3. Palliative care visits are in collaboration with families and the care team.

Emergency department services and scheduled outpatient appointments are not affected.

Visitor screening is still in place. If you are a designated visitor, please check with your loved one's healthcare facility for visitation schedules.

Individuals requiring information about their loved ones should phone the appropriate nursing unit.

With the holidays approaching, Central Health would like to advise those making arrangements to visit loved ones that:

- Visits can be scheduled more than once a day
- It is recommended not to exceed more than 2 individuals per visit, excluding support person
- Masking for visitors is required
- Masking for the resident is recommended, if tolerated
- Visits to take place in resident room or designated visiting area
- Volunteers may continue as per current guidelines (including hairdressers)
- Residents leaving the facility for greater than 24 hours must be screened and tested upon return. Residents will remain on precautions, including self-isolation, until the PCR test result is available.

Central Health would like to thank the public for their understanding and co-operation at this time.

Potential Exposure Areas

To see the complete list of Potential COVID-19 Exposure Notifications [Click here](#).

Testing Clinics

For the complete list of COVID-19 Testing Clinics [Click here](#). Please note the Gander testing site has moved to Gander Academy on Fraser Rd.

Fit Testing

Staff requiring fit testing can submit requests at fit.testing@centralhealth.nl.ca

PPE UPDATE:

The following Personal Protective Equipment (PPE) recommendations are **effective** for all facilities and services in the **Central Health region**:

1. **NEW!** For the interim, IPAC is strongly recommending N95 use in caring/interacting with probable/confirmed COVID positive patients/residents/clients.
2. Eye protection to be worn during all client/patient/resident encounters.
3. Eye protection to be changed in between each patient encounter for suspect or confirmed cases or for clients/patients on additional precautions (isolation).
 - a. If unsure about eye protection or PPE please reach out to your immediate supervisor or the IPAC/OHS contacts as listed below for direction.

4. Universal masking to continue.
5. All staff are to continue to use their [Point of Care Risk Assessment](#) (PCRA) for client/patient/resident encounters when selecting PPE.

Screening of patients/residents/clients/visitors:

1. All patients/residents/clients/visitors presenting to our facilities are to be screened using the provincial COVID 19 screening tool ([click here to view](#)).
 - a. If yes to any of the screening questions, especially symptomatic patients, please follow page 2 of this screening tool for isolation and swabbing requirements. It is very important to be diligent in screening and swabbing at this current time.

Staff:

1. Staff are to complete self-assessment prior to coming to work each shift. The self-assessment is found on the CH website under 'staff resources' - <https://forms.healthnl.ca/selfassessment/>
2. The staff screening line at 424-2424 is still open 8-4 Monday to Friday, excluding stats. If you fail your self-screening you must isolate and contact Occupational Health at this number.
3. If possible, staff should not dine together. If this must occur, please ensure you are physically distanced, and mask removed to eat only. Your cooperation in this is greatly appreciated.

Staff 3rd Dose Vaccine Clinics are still ongoing and future clinics will be released. Public health clinics are still open for all vaccinations. Booking can be done on the provincial platform through <https://portal.healthmyself.net/nlcentralhealth/forms/ELep#/>

Staff COVID-19 Navigator

Still can't find what you're looking for? The Employee COVID Navigator is here to help you. If you need information and don't know who to call, contact our Central Health Employee COVID Navigator at 422-0329 or email Covid19@centralhealth.nl.ca for assistance.

Quick Links

- [Provincial Update Videos](#)
- [Social Media Policy](#)
- [TRIAGE COVID-19 RISK ASSESSMENT SCREENING TOOL](#)
- [Online Vaccination Records - COVID-19 Vaccine \(gov.nl.ca\)](#)
- [News & Advisories](#)
- [COVID-19 Intranet Page](#)
- [Guidance for Clients Who Cannot Mask](#)

- [Together. Again. \(Reopening Newfoundland and Labrador\)](#)
- [Together. Again. \(Summary Table\)](#)

Safety Quick Links

- [Self-Screening Tool \(required daily\)](#)
[A Minute With IPAC \(video series\)](#)
- [COVID-19 Navigator Email](#)
- [Masks Dos and Don'ts \(Poster\)](#)

COVID-19 Results

Employees tested for COVID-19 can get their results at <https://healthnl.ca/concerto/covidresults>. Please note that it may take up to 5 days for test results to be posted. If you do not see your test result, please check back again within 24 hours.

Questions/Suggestions

Please connect with the **COVID Employee Navigator** by emailing Covid19@centralhealth.nl.ca

Please see our [COVID-19 Intranet page](#) for more information.