

Guidance Document of General Public Health Measures During COVID-19 Recovery

Introduction

As the Government of New Brunswick moves into Phase 1 of Recovery for COVID-19, it is critical that public health measures are followed to reduce the risk impact of further waves of COVID-19 to the public and to progress towards a 'new normal'. Some services will open sooner than others depending on level of risk and potential negative impact. A gradual lifting of restrictions while watching closely for any resurgence is the best way to protect community health.

During the recovery phase, it is important to understand that this is **NOT** business as usual, and that the directives and advice outlined in this document will remain in place until the risk is effectively controlled (which may include availability of specific COVID-19 treatments or vaccine) depending upon how the situation of COVID-19 evolves. It is critical that everyone continues to adhere to these guidelines so that we maintain the excellent mitigation work that we have come to see in New Brunswick so far. This is keeping our communities and loved ones safe. The following resource provides high-level guidance for the public as well as businesses, organizations, and service-providers. Information is divided into three sections as noted below, with Appendices at the end.

For updated information on COVID-19 and guidance on each phase on our provincial recovery documents, visit the Government of New Brunswick website at www.gnb.ca/coronavirus

Content

Section 1 of this resource outlines general public health measures for the public during Phase 1 of Recovery. This information applies to everyone.

Section 2 presents guidance for businesses, service providers, and organizations who have been permitted to open in Phase 1 of Recovery. The public health measures outlined in this section must be implemented in order to ensure that facilities are managed safely as they slowly reopen for business.

Section 3 builds upon the general public health measures outlined in Sections 1 and 2, providing additional detail that guides support for phased reopening of specific activities and services during Phase 1 of Recovery. Please refer to this section if you have specific questions about public health measures related to the most recent additions to phased reopening. Please go to www.gnb.ca/coronavirus for the latest information.

Section 1: General Public Health Measures for the Community

The following section outlines the minimum public health measures that are required in order to keep yourself and others healthy during Phase 1 of Recovery. Our 'new normal' involves important measures that have become "the norm" during this pandemic:

- physical distancing,
- frequent handwashing,
- cleaning surfaces properly,
- respiratory etiquette,
- and as an additional practice public health is **strongly recommending** that the public wear non-medical masks, also referred to as *community face mask*, when out in community when they are unable to maintain physical distancing.

New Brunswickers should be aware that some businesses may **require** them to wear a community mask before entering their building/ premise. Public Health supports this. We will be working towards shifting culture and this will become our new norm.

Remember, if you have symptoms of COVID-19 (e.g., fever, dry cough, headache, runny nose, sore throat) or have been told to self-isolate by Public Health, you need to remain home.

Staying at home and adhering to all public health measures not only protect the person practicing them, they will protect our most vulnerable community members, those who are older and/or have underlying health conditions (chronic disease or immunocompromised). These individuals have a higher risk of complications from COVID-19 and should consider taking additional precautions whenever possible.

Physical Distancing

You should have a plan in place for adapting to physical distancing requirements.

To accommodate physical distancing, people **must** maintain a minimum distance of 2 meters, or 6 feet, between themselves and others at all times, with the exception of members of the same household or 'bubble' (see Section 3). People must not congregate in groups. This may result in restrictions to how daily activities, business operations, and recreation occurs, but this intermediary step will help to keep our communities healthy. Adjustments and accommodations will be required to ensure physical distancing requirements continue to be met.

Personal Hygiene Etiquette

Good handwashing practices are important to prevent disease transmission, especially during this current COVID-19 pandemic and as we move into the recovery phase. Everyone needs to ensure they are practicing proper hand hygiene. Proper handwashing requires regularly and thoroughly washing your hands with soap and water or minimum 60% alcohol-based hand sanitizer.

Information on handwashing can be found on the [New Brunswick Coronavirus webpage www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus) (Click on **Prevention/Washing Your Hands**. Also see handwashing poster on the right).

Cleaning and Disinfection Procedures

For households, regularly clean and disinfect frequently touched objects and surfaces. Regular household cleaners, disinfectant wipes or a diluted bleach solution can be used according to the label directions.

Information on cleaning and disinfection can be found on the [Government of New Brunswick website at www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/CDCOVIDE.pdf](http://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/CDCOVIDE.pdf)

Respiratory Etiquette and Masks

Help prevent potential spread of COVID-19 by practicing good respiratory hygiene. When you cough or sneeze, do so into a tissue; dispose of the tissue and wash your hands afterwards. If you do not have a tissue available, cough into your sleeve or elbow.

Community Face Mask

Out of an abundance of caution to reduce the overall risk of transmission, the wearing of a face covering, also referred to a community face mask, will be strongly recommended in public places when it is not feasible to ensure physical distancing measures. This will not apply to individuals who cannot do so due to health issues or for children under 2 years old.

Community mask are not medical devices and consequently are not regulated like medical masks and respirators. Physical distancing, frequent handwashing and not touching your face are proven measures that will reduce transmission of COVID-19. These measures must be consistently and rigorously applied in all settings including when you are out in the community.

The use of community face mask (e.g., face coverings/homemade cloth masks) by asymptomatic people in the community may reduce the touching of the nose or mouth with contaminated hands, although one needs to take care to not touch the face as the mask is adjusted or when pulled on and off.

Wearing a face mask can be a way of covering your mouth and nose to prevent respiratory droplets from contaminating others or landing on surfaces. Wearing a face mask is consistent with our recommendation to not cough into your hands and instead to cover your cough with tissues or your sleeve.

The effectiveness of using community masks in the community to prevent infection has not been demonstrated. The use of a community mask must be in combination with proven effective hygiene and physical distancing measures.

At this time, due to supply issues, medical type masks should be reserved for healthcare workers or other designated settings.

New Brunswickers should be aware that some businesses may **require** them to wear a community mask before entering their building/ premise. Public Health supports this. We will be working towards shifting culture and this will become our new norm.

Section 2: General Public Health Measures for Businesses, Education Institutions, Organizations, and Service Providers

In addition to the general measures outlined above, the following are minimum requirements specific to businesses, organizations, education institutions and service providers.

COVID-19 Operational Plan

Your work place will likely experience operational changes – ‘business as usual’ will not occur at this stage. Operators must develop a COVID-19 Operational Plan outlining how daily operations will be managed to meet the additional measures outlined in this document (e.g., physical distancing, cleaning and disinfecting, hand and respiratory hygiene, pre-screening for symptoms). The plan must explain procedures on how the operator is able to adapt to these requirements.

It is the responsibility of each business to ensure they have an Operational Plan in place that outlines how they will manage the safe opening and operation of their business/service/organization. **This plan must follow the recommendations and requirements of Public Health and the business may be asked to share their plan upon request of the proper authorities.**

Operators are to have their Operational Plan available for Public Health staff to review. This may occur during an unannounced visit or a pre-scheduled visit by a Public Health Inspector, WorkSafe NB or Department of Public Safety. Facilities that cannot adapt to all of the minimum requirements outlined below should not open at this stage of the Recovery Phase.

A sample checklist (see Appendix A) has been developed that will help to guide operators to helpful links and resources (e.g., handwashing posters that may be printed and displayed) as they work through the development of the Management Plan.

COVID-19 Awareness

Signage must be posted on proper hand hygiene, respiratory hygiene, and physical distancing throughout the facility and outdoor settings as applicable. How this is applied will vary depending on your facility, but signage is required. Signage should be placed at a minimum at any common entrance and where people tend to congregate. Further information can be found on the [New Brunswick Coronavirus webpage](http://www.gnb.ca/coronavirus) www.gnb.ca/coronavirus (Click on **Awareness Resources/More Resources**). Public health posters may be found here: [Public Health Advice](#)

Pre-Screening Tool

The operator should advise that staff and patrons who are either symptomatic and/or have been advised by Public Health to self-isolate, should remain home and not enter the premises.

Operators should actively pre-screen staff before the beginning of each shift. **See Appendix B for the Pre-Screening Tool.**

Posting information on COVID-19 symptoms (fever, cough, headache, sore throat, runny nose) will help to enable and reinforce passive screening of patrons.

Physical Distancing

A plan for adapting to physical distancing requirements must be outlined in the Operational Plan.

- In order to accommodate physical distancing requirements, patrons and staff must not be permitted to congregate in groups. **Patrons may partake in their activity while maintaining a minimum of 2 meters or 6 feet between themselves and others at all times, with the exception of members of the same household or ‘bubble’ (‘bubble’: see Section 3).** This may result in alterations to how the workplace is set up, how the activity would normally occur or how patrons and staff would normally interact and go about business – remember that this is not ‘business-as-usual’. Where possible, a designated staff member should monitor adherence to physical distancing requirements on premise. Situations where interfacing between staff and customers is common might deserve special considerations for mutual protection (installing a plexiglass screen at the cash, for example). In elevators, limit the number of people getting into each car to no more than 2 at a time. People should consider only riding the elevator with their own family, taking the stairs, or waiting for the next elevator.

Cleaning and Disinfection Procedures

A plan for cleaning and disinfection must be in place in the Operational Plan with clear accountabilities assigned to specific staff.

The operator is to ensure that all common areas are cleaned and disinfected twice daily, or more often as required (e.g., if soiled). As an example, items such as countertops, chairs (including below the front of the seat), rental/shared equipment, cashier equipment, light switches, public washrooms, door knobs, and furniture will need to be disinfected more frequently throughout the day.

- Regular household cleaners, disinfectant wipes or a diluted bleach solution can be used according to the label directions. Information on cleaning and disinfection can be found on the [Government of New Brunswick](#) website.
- Use disposable gloves when cleaning surfaces. Make sure that other staff and patrons are removed from the area during clean-up.

Facilitating Personal Hygiene Etiquette

Enhanced handwashing practices are important to prevent disease transmission, especially during this current COVID-19 pandemic and as we move into the Recovery Phase. Operators will need to ensure that they are enabling thorough and frequent hand hygiene for patrons and staff by signposting and making sure basic supplies are provided (see 'Supplies' section below). Further information can be found on the [New Brunswick Coronavirus webpage](http://www.gnb.ca/coronavirus) www.gnb.ca/coronavirus (Click on **Prevention/Washing Your Hands**. Also see handwashing poster on the right).

Operational Components Where Applicable

Handling of money

Use of electronic payment devices are preferred when possible. However, if you must handle money, always ensure regular handwashing and have minimum 60% alcohol-based hand sanitizer readily available. Do not touch your face after handling money. Ensure that hand hygiene supplies are available for both patrons and staff at the point of purchase.

Supplies

Operators must ensure they have all the necessary supplies such as hot/cold potable running water, liquid soap, paper towel, and garbage bins, for handwashing; or minimum 60% alcohol-based hand sanitizer; toilet paper, cleaning and disinfecting supplies and personal protection equipment (non-medical masks and disposable gloves) as appropriate.

It is important that a staff member be delegated responsibility to monitor supplies to ensure stock is maintained during operating hours.

Washrooms

Where public washrooms are available, they must be equipped with hot and cold running water under pressure, liquid soap, paper towel, toilet paper, and garbage containers. Handwash signs must be posted.

Handwashing Stations

Handwashing stations should enable handwashing by providing clean water, soap, paper towel, and a disposal bin. In the absence of this, minimum 60% alcohol-based hand sanitizer should be made available. Handwash signs must be posted.

Food

If your facility has been listed in Phase 1 as safe to reopen with conditions, but has restaurant service onsite, this will not be permitted to open at this time, however take-out and delivery are acceptable.

Common areas should not accommodate patrons to group together, even for eating meals/snacks/drinks. Physical distancing must be maintained at all times.

Section 3: Public Health Measures Applicable to Phased Reopening

In Phase 1 the following activities will be newly permitted:

- Carpooling
- Two-household bubble
- Outdoor Religious Services
- Outdoor recreation spaces (ball fields including soccer and baseball; and walking trails)
- Fishing
- Golf courses, Tennis Courts, Marinas
- Post-Secondary Education

The following sections will provide additional detail pertaining to each of the items listed above. In addition to the following, Section 1 must be also be adhered to, as well as any applicable measures outlined in Section 2.

Carpooling

- An individual may drive passengers from one other household.
- Household members may share the same car/vehicle space.
- Drivers should screen potential passengers for signs of illness (e.g., fever, cough, headache, runny nose, sore throat). Drivers and passengers who are ill or who have been told to self-isolate from Public Health should stay home.
- When carpooling, maintain physical distancing by only transporting the passenger(s) in the backseat.
- Clean and disinfect all surfaces that may have been touched by the passenger.

‘Two-Household Bubble’

In an effort to reduce social isolation, especially for those living alone, your household can join up with one other household, if both households mutually agree. This would allow you to visit, have a meal and enjoy the company of another household bubble. You must not have close contact with anyone else. You cannot join up with more than one household or bubble. For those who work or volunteer in settings in which close contact with others is not avoidable, caution and extra vigilance around symptom screening and hand washing should be exercised between the two households.

If you are working and out in the public, you may want to be cautious as to who you bubble with so that you do not increase risk to a vulnerable person in another household bubble.

Outdoor Religious Services

- Events held outdoors may be lower risk for transmission of respiratory illness than those held indoors due to higher ventilation. However, the best option to limit any risk of transmission would be to hold services virtually (e.g. “on line” or community TV), whenever possible.
- Individuals over the age of 60, and those with underlying medical conditions are encouraged to not attend social gatherings because they are at greater risk of developing severe disease, if they become infected.
- Religious ceremonies are limited to 50 vehicles (family units may travel in one vehicle) while participating in drive in style “church” (this includes both organizers and attendees).
- If the size of the parking lot permits, it should be set-up so that vehicles are parked in every other parking space.
- Services should be limited to 1 hour.
- Vehicles should be turned off to prevent carbon monoxide poisoning
- Activities that could contribute to the spread of COVID-19 such as handshakes and hugs are to be avoided. Instead use a wave.
- Microphones are not to be shared among staff.
- Access to the building is not to be open to the public, including washrooms.
- Advise the attendees prior to the service that all washrooms are unavailable.
- Singing should be avoided. Choose the use of a sound system to play music.
- The religious organization must have staff on hand to monitor the number of attendees entering the service.
- The service should have one entrance point and one exit point to help manage the flow of attendees.
- Avoid providing attendees with items that cannot be easily cleaned and sanitized such as books and programs. Such books and programs should not be shared between parishioners unless they can be thoroughly sanitized between uses.
- No food or beverages are to be provided on site. In the event of communion, those in attendance would be responsible to bring their own supplies.
- Religious organizations are encouraged to provide on-line options for the donation of gifts to the church.

Outdoor Recreation

- Team sports are not permitted despite recreational fields (e.g., soccer, baseball) being open.
- Outdoor recreational spaces should provide access to hand washing stations or hand sanitizer that are vandalism-proof, as appropriate.
- Trash containers for discarding trash, tissues and personal protective equipment (e.g., masks and gloves), which may otherwise become a public health hazard, should be available.
- All surfaces should be sanitized twice per day.
- Trails that do not permit physical distancing of 2 meters should be one-directional, where possible.
- Activities that require contact, including certain sports (football, basketball, hockey, soccer, volley ball, etc.) are not permitted.

- If public washrooms for outdoor recreation facilities cannot be monitored and cleaned regularly, they will need to remain closed.

Fishing (non-commercial)

- When fishing for leisure, ensure that you maintain physical distancing.
- For operators of business who run leisure fishing tours (on or off shore), please follow guidance from Section 2 where applicable and ensure adherence to physical distancing.

Golf courses, Tennis Courts, Marinas

- For golf courses, patrons will need to either walk or take separate golf carts (unless members of the same household) in order to maintain physical distancing. If rental golf carts are used, they must be fully sanitized between uses.
- As noted in Section 2, rental and shared equipment must be cleaned and disinfected between use.
- Caddies are restricted as it would involve the exchange of clubs between individuals.
- Employees must have access to gloves and sanitizing wipes, and are required to stay home if they are unwell or symptomatic.
- All players must have a tee time, no walk-on players will be permitted.
- Payment must be made in advance by telephone or online – cash cannot be accepted.
- Tee times must be a minimum of 20 minutes apart to avoid congestion on the course.
- Flags must remain in place and cups elevated so the ball does not drop into the hole. Play is concluded when the ball makes contact with the cup. Pins/flags should be disinfected daily.
- All rakes and ball washers must be removed from the course.
- Golf clubs and pull-cart rentals are prohibited.
- Remove bulk scorecard, pencil and tee holders from starter areas.
- Drink/snack carts may not operate.
- Locker rooms must be closed. Players can change footwear in the parking lot.
- Retail sales must be restricted to curbside pick-up or delivery.
- All food and beverage service is suspended at the club house/boat house except curbside pick-up or delivery. Call-ahead for pick up.
- Washrooms at the clubhouse/ boat house will be sanitized regularly, with only one individual allowed at a time.
- Groups must not congregate at club houses/docks.
- Public Health measures apply on boats, marinas and tennis courts.

Post-Secondary Education

Prior to entering buildings on campus:

- Ensure communication is clear as to the expectations required for staff and students prior to returning to Campus using the various communication channels.
- Deliver a clear message that the greatest action students, faculty and staff can do for their colleagues is to keep a two-meters distance at all times between themselves and the people they study/work with.
- Encourage students, faculty and staff to use a standard greeting with each other that is positive but reminds others to keep a safe distance.
- Students in the health-care sector may have a higher potential risk of coming into contact with infected persons. Health-care students, who interact with patients, should wear personal protective equipment (PPE) as required by the employer and/or instructor based on the industry standard and public health guideline

Control measures for students, faculty and staff of Post-Secondary Education:

- If you are experiencing symptoms stay home and isolate yourself from others as quickly as possible. Call Tele-Care 8-1-1 for further advice.
- Implement **active screening** including temperature checks and screening at a designated area on campus (Appendix B)
- Advise students/ staff and faculty to report to a designated location for a temperature check prior to entering campus buildings. Any person with a temperature over 38 degrees should not enter and be instructed to return home to self-isolate and self-monitor. If symptoms worsen they should call 811 for further advice.
- Screening questionnaire (signage) to be posted at the entrance of all buildings which students, faculty and staff are entering. (Appendix B)
- Post [Public Health Advice](#) posters in public areas.
- All common gathering areas in the school must be closed and left unoccupied.
- Use signage or lock doors to prevent use of common areas such as lobby seating or rooms.
- Have hand sanitizer available in frequently used areas such as at the main lobby, entrances, and classrooms/labs.
- High touch surfaces such as elevator buttons, door handles, stairwell railings, and training and laboratory equipment, etc. should be cleaned and sanitized on an increased schedule.
- Students, faculty and staff with underlying chronic conditions or with weakened immune systems are at increased risk of COVID-19. Encourage at-risk students, faculty and staff to use individual measures such as frequent hand hygiene, limiting contact with others, practice social/physical distancing, respiratory etiquette and staying home when ill to reduce their risk. Online learning may be the best option for those at increased risk.

Classroom/laboratory specific enhanced guidelines social/physical distancing

- When possible, encourage students and instructors to work/study from home.
- Reduce or suspend non-essential studies.
- Study and instruct remotely wherever possible, hold classes by teleconference, video conference, or email instead.
- Alternate classes (i.e. 50% students morning, 50% afternoon) to reduce the risk of exposure and improve social/physical distancing.
- Position students and instructors apart (i.e. every second station, remove desks from classrooms, etc.), maintaining the two-meters distance between all.
- Identify and use alternate locations (gyms, conference rooms, larger classrooms, lecture halls, etc.) to put more distance between students
- Schedule rotating breaks to allow for a two-meters distance between students in hallways, break rooms, washrooms, study spaces, etc.
- Do not share any food, snacks, etc.

It is also important to ensure that students, faculty and staff are protected and supported, to the degree possible, against the mental health effects of Covid-19. This is a very stressful time for all, including students. As such, institutions should be aware of and prepare based on the following:

- Students will be affected by the anxiety and uncertainty created by the COVID-19 situation. Remember that mental health is just as important as physical health.
- Institutions should take measures to support mental well-being. There are several resources that can assist with maintaining mental health in the learning environment.

Please Note: The return to campus is initially restricted to programs deemed essential by the Office of the Chief Medical Officer of Health (OCMOH) which, currently, is restricted to those that involve a practical component, particularly those that serve both the regional health authorities and the long-term care sector.

This action is enabled through an amendment to the mandatory order under the Emergency Measures Act. This is subject to renewal and revision regularly, and Section 13 is conditional on the approval of the OCMOH.

Appendix A

Pre-Screening Checklist for Businesses

	Yes	No	Comment
Operators should review the following documents:			
COVID-19 Daily Self-Assessment Questionnaire (See Appendix A)			
Self-Monitor Poster			
Self-Isolation Poster			
The following communication materials, supplies, and recommendations are available:			
Hand Washing Poster			
Hand Sanitizer Poster			
Protect Yourself and Others from Getting Sick Poster			
Non-Medical Masks or Face Coverings			
Disposable Gloves			
Hygiene Supplies – soap, water, hand sanitizer, towels, toilet paper			
Physical Distancing Poster - 2 meter rule			
Facilitate physical distancing <ul style="list-style-type: none"> • Arrange furniture position to allow for 2 meter rule • Provide visual cues (i.e., ensure 2 meter markings on floor, directional movement for patrons, etc.) • Physical barriers such as partitions or plexiglass 			
The following cleaning and disinfecting communication and supplies are available at the self-isolation unit:			
Cleaning and Disinfecting Procedures			
Cleaning and Disinfection Info Sheet			
Cleaning supplies – cleaners, disinfectants, cloths			
House Cleaning and Disinfecting Log			

Appendix B: Screening Questionnaire for COVID-19

PLEASE DO NOT ENTER THE FACILITY WITHOUT ANSWERING THE FOLLOWING QUESTIONS

1. Do you have any of following symptoms: fever/feverish, cough, sore throat, headache or runny nose?

If you answered YES, and have only one symptom, then stay home and do not return until you are fully recovered.

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

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2. If you have entered 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 had close contact within the last 14 days with a person being tested for COVID-19?
 - c. You have been diagnosed with COVID-19 or are waiting to hear the results of a lab test for COVID-19.
 - d. Have you returned from travel outside of New Brunswick within the last 14 days?
 - e. You have been told by public health that you may have been exposed to COVID-19.