

COVID 19

Keeping your family safe

It's normal to be worried about family, here are a few things you can do to keep them safe

- Change out of your work clothes before you have contact with family



- Leave work shoes, pen, stethoscope at work or in a bag in the car

- WASH HANDS



- Avoid touching faces

- Minimise contact with elderly family members



- Avoid social gatherings

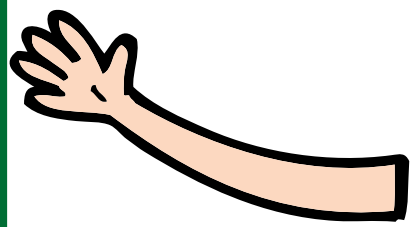
- Get tested if you have had any contacts / travel and are unwell

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Pre shift actions- to reduce risk to your family

Before Work

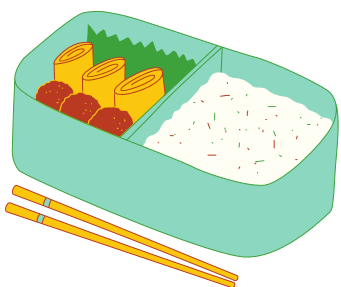
-Bring clean clothes to change into
post shift



-Remove watch and rings - bare
below elbows



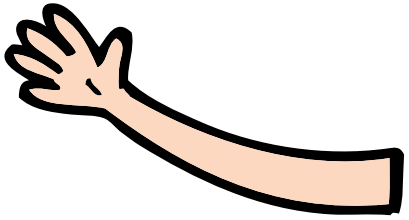
-Credit card and phone in ziplock
bag. No wallet.



-Bring food in a reusable box that
you clean each day

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Post Shift Decontamination- to reduce risk to your family



Before Work

- Bring clean clothes to change into post shift
- Remove watch and rings - bare below elbows



After Work

- Wash arms from elbows down with soap and water
- Place used scrubs in a bag
- Change into clean clothes
- Wash hands
- Sanitize badge and phone



On arrival home

- Leave shoes, work bag in garage / laundry
- Water bottle and lunch box in dishwasher
- Wash scrubs and clothes you wore home
- Shower with soap and water
- Greet family