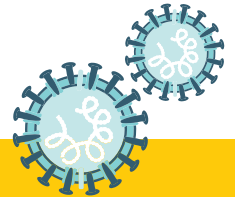


Looking after yourself and keeping safe at work



COVID-19 (Coronavirus)

PREPARING FOR THE DAY

GETTING READY



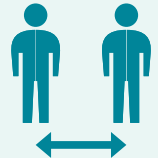
- If you plan to change in to and out of your uniform at work, remember to pack a plastic bag to carry it in

ESSENTIALS ONLY

- Prepare for the day by limiting things you bring to work
- Don't forget to wipe down your staff ID
- For clinical staff, it's important to be bare below the elbows when providing clinical care. Leave wrist watches, rings and bangles at home



TRANSPORT & TRAVEL



- Maintain a distance of 1.5m apart when travelling to work
- Stand or sit with your back to people
- When you arrive at work, thoroughly clean hands with soap and water or alcohol based hand gel

DURING YOUR SHIFT

PRACTISE HYGIENE



- Clean your hands regularly during the day and avoid touching your face
- Regularly wipe down frequently touched surfaces within your work space
- If possible, use body or elbows to open doors, not hands

FOOD AND DRINK

- Avoid eating in communal spaces
- If you bring your own lunch in a reusable container, make sure you properly wash it afterwards



END OF SHIFT

- Thoroughly clean your hands and forearms at the end of the shift
 - Wipe down your phone and other personal essentials (ID card)
- Optional: change into your travel clothes*

WHEN YOU ARRIVE HOME

BEFORE YOU GO INSIDE



- Take off your shoes outside

CHANGING AND WASHING



- Have a shower or bath when you get home
- Wash your uniform or work clothes after use using your usual wash cycle with laundry detergent. They can be dried on the line or in the dryer and do not need to be washed separately to other items
- Wash your hair and trim your nails regularly

TAKE TIME FOR YOU!



- Enjoy time with your loved ones or connect with friends online
- Don't forget to look after yourself



Queensland
Government