



DON'T TAKE COVID HOME



PROTECT YOURSELF AND YOUR FAMILY FROM COVID-19

AT WORK

- Wear uniform with washable, impermeable Shoes
- change into uniforms on arrival at work and out of uniform when leaving work
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- Don't wear Jewellery
- Wear PPE as per current Guidelines
- Wash hands frequently including when you leave the building
- Avoid touching your face
- Eat and Drink in staff room
- Keep social distancing of at least 1m
- Maintain respiratory Hygiene (catch it, bin it, kill it)

END OF SHIFT

- Wipe all belongings (Phones, ID Badge, Glasses, Pens)
- Wipe down Work surfaces
- Change out of uniform and place in a washable or disposable bag
- Wash Hands before leaving

AT HOME

- Leave shoes and work bag at entrance
- Put clothes straight into the washing machine. Wash at 60 degrees with detergent. Iron or Tumble dry. (Wash separately from other household clothes)
- Wash hands
- Shower and wash hair

WINDING DOWN

- Limit the amount of work you do at home or time on social media
- **Relax:** Have something to eat, read a book, do a craft, do exercise, talk to family or friends, listen to music. Do Nothing.