

# Ways to lower the risk for you and your family

## Before Work



If you're feeling unwell, do not come to work



Remove watch and jewellery, and do not wear nail polish



If you normally wear scrubs, wear clean scrubs into work and bring a change of clothes in a washable/disposable bag



Perform proper hand hygiene



Wear your ID badge in a visible place when entering the hospital

## During Work



Disinfect your phone, ID badge, glasses, workstation and stethoscope



Hand hygiene before/after each new patient, and when touching new surfaces



Disinfect your lunch space before eating



No hand-shaking or high fives



Wear appropriate PPE as directed

## After Work



Dispose of your PPE properly before you leave the hospital



If you normally wear scrubs, put them in hospital laundry or a washable bag and wear clean clothing home.



Disinfect your phone, ID badge, glasses and stethoscope



Dedicate shoes to the workplace wherever possible



Clean hands immediately at home



Wash water bottles/Tupperware in dishwasher or thoroughly using hot soapy water



Wash the clothing/scrubs you wore (plus the bag) in the washing machine



Focus on wellness activities for at least one hour per day

