

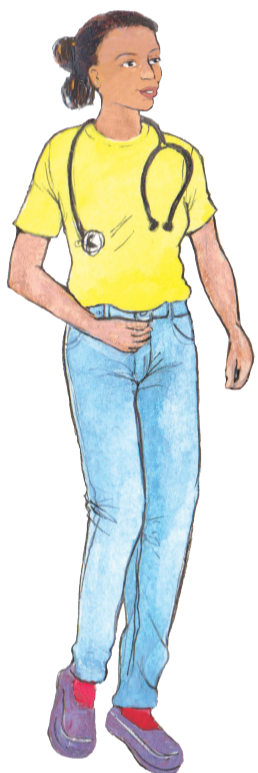
Health workers and coronavirus

What to do before work

Monitor yourself for COVID-19 symptoms

- If you are unwell, stay home and inform your supervisor.
- Complete a COVID-19 symptom screen at beginning and end of each shift.
- If anyone at home with suspected or confirmed COVID-19, inform your supervisor.

Before leaving home



Clothes

- Wear simple, short-sleeved clothing that can be easily washed.
- Wear dedicated closed work shoes.
- Avoid wearing a belt, jewellery, watch and lanyard.

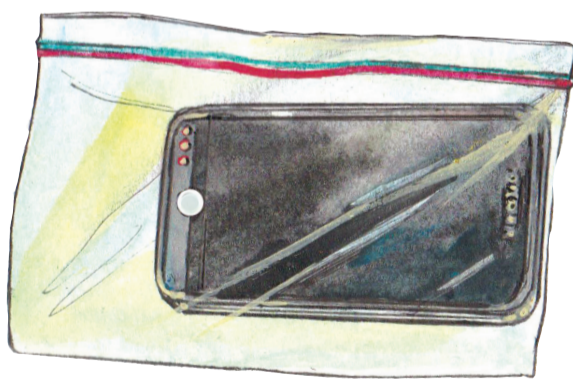
Wallet and keys

- Leave wallet at home – bring only essentials (like access card, drivers licence, bank card) in sealable plastic bag.
- Keep keys in pocket/bag and do not remove until after washing hands when leaving work.



Phone

- Remove protective case from phone. Keep phone in sealable plastic bag and change this daily.
- Keep phone in pocket/bag, avoid placing it on work surfaces.
- If able, disinfect phone/bag frequently.



Food and drink

- Bring lunch from home in fabric shopping bag.
- Use own water bottle, avoid water coolers and sharing drinks.

