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
COVID 19

To all our awesome ED staff

Tough times ahead BUT,
We are in this together

Together we are greater
than the sum of our parts.
COVID 19

It's going to be tough for all of us. We can make it easier if we have each other's back!

don't worry... i've got your back
COVID 19

This is a marathon not a sprint, so let's look after ourselves, our families and each other so we can do the best for them and our patients.
COVID-19
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