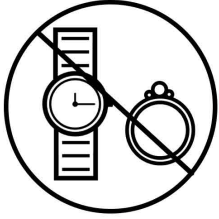
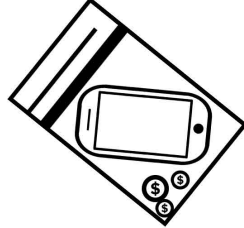


BEFORE WORK

Remove watch and rings:
Be bare below the elbows



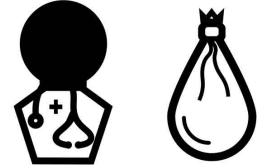
Keep money and phone
in a plastic zip lock bag



Bring your own food
in a sealed container



If work has a change area,
wear your own clothes
to work. Take uniform in a
washable/plastic bag

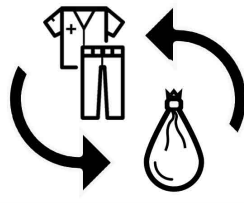


AT WORK

Clean your hands
(per WHO guidelines)
when you arrive and have
temperature checked



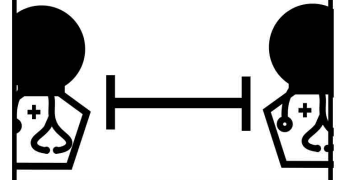
Change into your uniform
and put your home
clothes in the bag



Cover your hair with a
cotton head scarf (if you
have one) and wash it daily



No food in clinical areas.
Wash hands and social
distance in the tea room

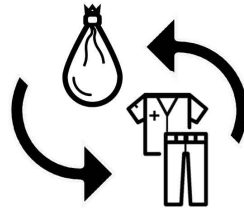


FINISHING WORK

Clean your hands when
you finish shift



Change into your home
clothes and put your
uniform in the bag



If you have open
footwear wash or disinfect
your feet if possible



Clean your hands and
equipment

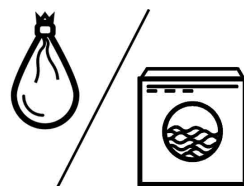


ARRIVING HOME

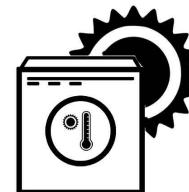
If no change area at work,
remove work clothes
and wash hands before
greeting your family



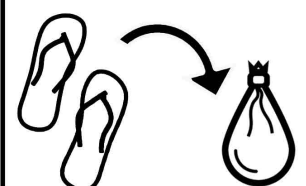
Keep bag of dirty work
clothes away from
family washing



Wash work clothes in
hot water (if you can)
and dry in the sun



Place your work footwear
in a bag until you are
working again



THIS IS NOT A REPLACEMENT FOR YOUR PPE GUIDELINES

When we are keeping ourselves and our family safe, our work is less stressful