

Take Care of Yourself as a Healthcare Worker

Prevention:



- Wash your hands for at least 20 seconds and often
- If using hand sanitizer, make sure it contains 60% alcohol or more
- Avoid touching your face: eyes, nose and mouth. IF you have to make sure to wash hands before doing so
- STAY AT HOME outside of working hours
- Put distance, 6 feet, between you and others at all times
- Use a cloth mask when not using other PPE or out in public. This will protect others in case you are infected.
- Always cover your mouth and nose when coughing or sneezing and throw away the used tissues, then immediately wash your hands.
- Clean and disinfect daily
- When you go home, take work clothes off before going inside and shower immediately
- Practice good stress relief skills
- Get good quality rest

If you are feeling ill:



- If at work and start to feel ill, notify your manager immediately
- If you are at home, stay home when not feeling well (even without a fever) and call your manager
- Drink plenty of fluids
- STAY AT HOME, have others get your essential items you are in need of
- Get good quality rest