



Western Health

Tips on how to protect yourself and your family.

Work clothes during COVID-19

Work clothes

Have dedicated work clothes.

This may be personal scrubs or other clothes.



Change clothes at work

Change out of work clothes at work and take home in a plastic bag.

Use change rooms closest to work area. Ask if unsure where change room located.



What to wear

Choose clothes that can tolerate a hot wash.

If scrubs, remember they can be loose and it may be appropriate to wear a short sleeve shirt underneath.

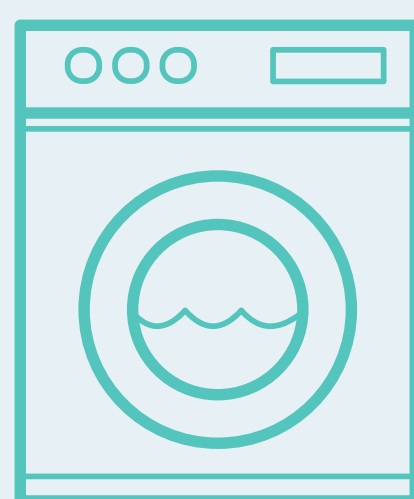
Always maintain bare below the elbow.



Wash clothes at home separate to other clothes

Use a hot > 60 degrees wash with usual detergent. Wash work clothes separate to other clothes after each shift.

Hang out in the sun where possible to dry for benefits of UV sunlight.



Wash your hands

Practice good hand hygiene by washing your hands with soap and water or using alcohol based hand rub.

Wash your hands at end of each shift, after removing clothes, when arriving home and after handling dirty clothes.



Work shoes

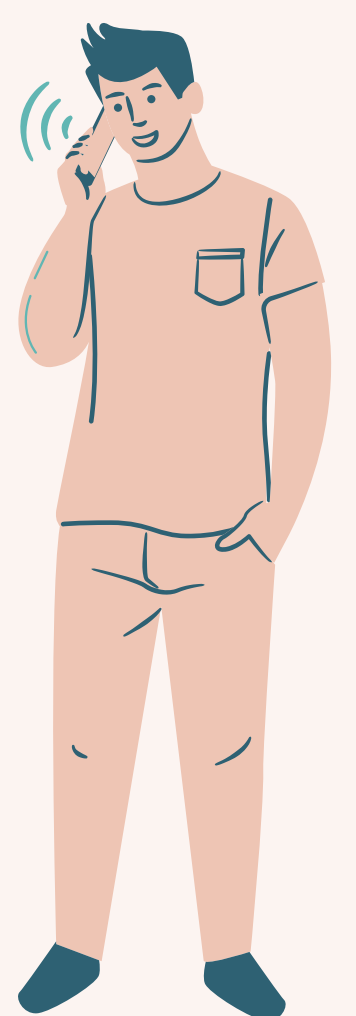
Dedicated closed in work shoes that can be left at work or in a separate place at home.



Mobile Phones

Should be kept in cover or plastic bag that can be wiped down or discarded regularly.

Phones should not be used when staff are using PPE.



To order scrubs

<http://westernhealthuniforms.com.au/MEDICAL-DIAGNOSTICS/>