

COVID-19 Prevention tips for you and your family



- **Stay Home** if you are sick and **Separate yourself** from others
- **Monitor** yourself for symptoms such as difficulty breathing, cough, sore throat and check your temperature every morning and evening
- If your **respiratory symptoms** get worse and you need medical attention, you may want to attend the Sunshine Hospital Emergency Department.
- If you have **respiratory symptoms** and a fever $>37.5^{\circ}\text{C}$ then **testing** is required. As a healthcare worker you will be prioritised at the Respiratory Assessment Clinic at SH.
- **Rest well** and stay hydrated



Prevention Tips



- **Avoid touching** your face, eyes, nose or mouth with unwashed hands
- **Cover your cough** and sneeze. If you don't have a tissue please cough and sneeze into your elbow.
- **Do not eat and or drink** in clinical areas
- **Hand hygiene**
- Use personal protective equipment **wisely**, remember that during crisis these become scarce



Stay Safe Don't take the Virus home



- **Wear clean cloths** every shift – short sleeves only, BBE (no wrist watches, rings)
- If you can shower and **change clothes** before you go home (bag clothes separately)
- If you go home in your uniform, make sure you shower and wear clean cloths **as soon as you get home.**
- **You may need to consider community perceptions of HCWs in uniforms or scrubs at shops as clothing may be contaminated.**



- **Avoid shaking** the soiled uniform or hugging it to you before washing
- Launder your soiled uniform separately with a long cycle at a minimum of **60°C temperature** or tumble dry on a hot cycle.
- If you share a house with others, you should **stay in your bedroom** as much as possible with your door closed and open window to allow fresh air changes
- **Avoid sharing** personal items with other people in your household, like dishes, towels and bedding – consider colour coordination to differentiate.
- **Clean all surfaces** that are touched often, like counters, tabletops, be mindful of products such as Glen 20 (alcohol based) that may not be effective.
- Look for Supermarket wipes that contain Benzalkonium chloride (approx. 0.45% concentration) that has proven claims against viruses. Hot soapy water cleaning and bleach disinfection are effective
- **To make a bleach** solution for disinfection of surfaces in the household: Add 10mls of bleach (4% sodium hypochlorite) to 400mls of water or 100mls to 4 litres of water
- The bleach solution must be discarded and made up fresh every **24 hours** as it loses its strength very quickly and easily so will not be effective.



Resilience and Mental Wellbeing



- Be mindful of your mental health wellbeing, check in with family and friends, take time out for yourself and seek online support
- Exercise at home or in garden, take up a new hobby, catch up on movies, TV shows
- Caraniche support is available for all staff <https://work.caraniche.com.au/managing-covid-19-related-stress/>
- If you are concerned, call the Coronavirus hotline 1800 675 398 (24 hours)