

# COVID-19: Looking after yourself as the outbreak gathers pace



	Technical Capacity	Staff Challenges	Actions staff need to take themselves	Interventions for staff	Corporate actions
Preparation					
Early Phase			X		
Mid Phase			X		
Peak Phase					
Tail-off phase					
Post-COVID19					



Build new teams  
Actively use your Personal Wellbeing Plan\*

Conscious attempts to establish a routine for relaxation & sleep hygiene

**FOCUS ON  
"CIRCLE OF INFLUENCE"  
& SUPPORTIVE TEAMWORK**

Learn new self-care strategies (psychological and cognitive) and practice developing them

Avoid excess caffeine/alcohol

Work within own competencies, but learning new skills to help others

