

# COVID -19 Efforts

Not a sprint  
Maybe not even a  
marathon  
But a RELAY.



Do what you can to take  
regular time out and time  
away

And if you become sick or need  
to be isolated, you're not  
letting the team down -.  
You are resting up until you can  
pick up the baton again

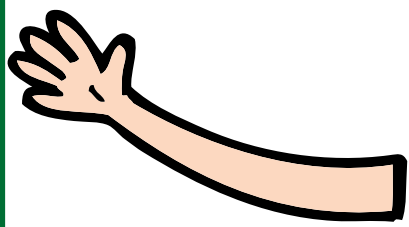


# COVID 19

## Pre shift actions- to reduce risk to your family

### Before Work

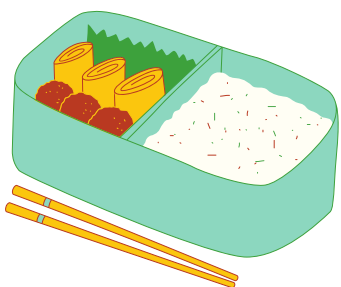
-Bring clean clothes to change into  
post shift



-Remove watch and rings - bare  
below elbows



-Credit card and phone in ziplock  
bag. No wallet.



-Bring food in a reusable box that  
you clean each day

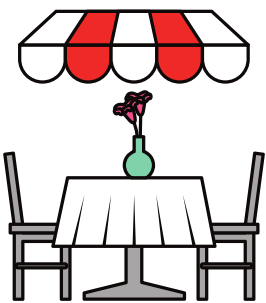
# COVID 19

Our staff are our most valuable resource - we want to keep you and your families safe.

Here are a few steps you could take:



- Please clean your hands before you eat



- Food to be consumed ONLY in the tea room / in the garden / cafe

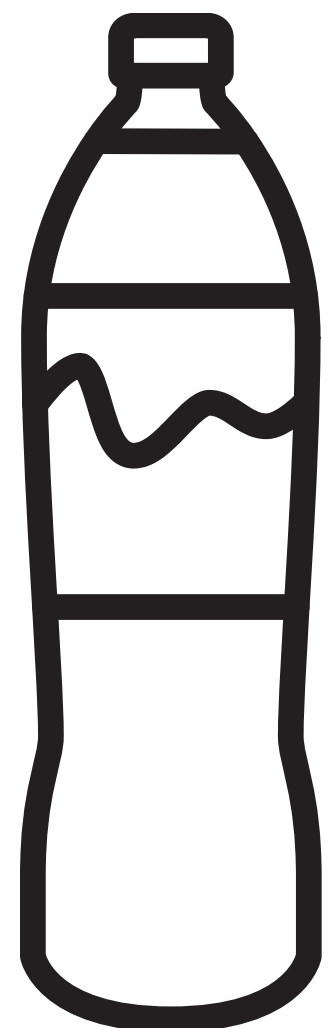


- Please don't take any food into the clinical areas.

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Our staff are our most valuable resource - we want to keep you and your families safe.

Water bottles to be kept in this area ONLY please!! Please avoid having other drinks / keep cups in clinical areas.





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Please use these wipes to clean your badge, phone, pen and stethoscope before you go home.

Thank you for all you do!!