

# Ways to lower the risk for you and your family

## Before Work



If you're feeling unwell, do not come to work



Remove watch and jewellery, and do not wear nail polish



Perform proper hand hygiene



Wear your ID badge in a visible place when entering work

## During Work



Disinfect your phone, ID badge, glasses, and workstation



Hand hygiene before/after each new client, and when touching new surfaces



Disinfect your lunch space before eating



No hand-shaking or high fives



Wear appropriate PPE as directed

## After Work



Dispose of your PPE properly before you leave work



Disinfect your phone, ID badge, and glasses



Clean hands immediately at home



Wash water bottles/Tupperware in dishwasher or thoroughly using hot soapy water



Wash the clothing you wore in the washing machine



Focus on wellness activities for at least one hour per day