COVID-19 Precautions
Keeping Covid Out of Your Home

At work
- Do not wear scrubs/uniform to and from work.
- Wear simple minimalist clothes, and no jewellery.
- Do not bring your wallet – just daily essentials.
- Read the daily updates/Core Brief to ensure you have the most up to date information.
- Check you are up to date with PPE and PPE protocols.
- Wash your hands frequently, and after every task/patient encounter.
- Avoid touching your face.
- Eat and drink in a separate staff rest area – not in clinical zones and avoid sharing food.

End of shift
- Change OUT of Uniform/Scrubs AT work, and place into a waterproof disposable bag
- Use 70% alcohol wipes for your ID badge, phone, glasses, stethoscope
- Put them in a separate bag – blood sample bag and seal until home
- Wash hands and arms thoroughly as per guidance
- Shower before leaving work – if feasible
- If possible, leave shoes for work at work and have a separate pair for travel

Arriving home
- Use disinfectant wipes for steering wheel, keys and door handles.
- Put your clothes directly into the washing machine, no more than a half-load and separate from other household linen, and wash at maximum temperature (then iron or tumble-dry).
- Wash your hands and arms with soap and water.
- Have a hot shower and wash your hair.

Winding down
- Be positive and be proud, you did a remarkable job today!
- Try and limit COVID news and social media – it is all you have talked about during your shift.
- Talk to your family and friends, or even better videocall them.
- Rest, try breathing exercises and get a good, well-deserved rest.
- If you need support, you can access the Acute Psychology Staff Support Service on 0141 277 7623 – it’s for everyone, so just give them a call.

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