

Coronavirus COVID-19



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Employee
Advice

DON'T BRING IT HOME



Don't bring a wallet or handbag to work. Place cards, cash & drivers license in a Ziploc bag.



Leave a pen at work & clean it often with hand sanitiser.



Wear minimalist clothes & aim to leave as many items you use at work outside your home.



Avoid eating in communal spaces. Only drink bottled water, & don't use reusable coffee cups.



Bring your own food in a reusable, washable shopping bag.



No case on your phone & wipe it down often with hand sanitiser. A Ziploc bag makes a good protector



Where possible, no hands! Use elbows or knee to push doors. Sanitise hands regularly.



At end of the day wash your hands, arms & face. Use sanitiser to wipe down phone & leave as many items as possible in work.



When you get home, no hugs. Shoes off outside. Clothes off & shower immediately. Wash clothes & reusable bags @ 60°C.



HSE Workplace Health & Wellbeing Unit

