

Coronavirus

Work safely as a health worker



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December 2020



Western Cape
Government

STAY SAFE

MOVE
FORWARD

1

Before work

Check for COVID-19 symptoms

- If you are unwell, stay home and inform your supervisor.
- Complete a COVID-19 symptom screen at beginning and end of each shift.
- If anyone at home has suspected or confirmed COVID-19, inform your supervisor.



Food and drink

- Bring lunch from home in fabric shopping bag.
- Use own water bottle. Avoid water coolers and sharing drinks.



Clothes

- Wear simple, short-sleeved clothing that can be easily washed.
- Wear dedicated closed work shoes.
- Avoid wearing a belt, jewellery, watch and lanyard.



Wallet and keys

- Leave wallet at home – bring only essentials (like access card, driver's licence, bank card) in sealable plastic bag.
- Keep keys in pocket/bag and do not remove until after washing hands when leaving work.

Phone

- Remove protective case from phone. Keep phone in sealable plastic bag and change this daily.
- Keep phone in pocket/bag. Avoid placing it on work surfaces.
- If able, disinfect phone/bag frequently.



2

Using public or staff transport



- Wear a cloth mask while travelling.
- Avoid wearing work clothes if possible. Rather change into work clothes after arriving at work.

- When waiting in queue, stand 1.5 metres away from other passengers.



Sit as far from other passengers as possible.



Avoid touching door handles, rails, windows and other surfaces.



Keep windows open.

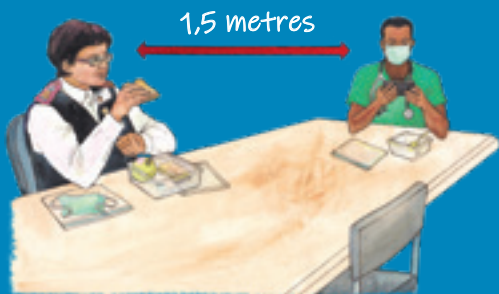
Clean hands with sanitiser before entering and after exiting the vehicle, and after handling money.



3

When taking breaks

- Stagger breaks to avoid crowded tearooms.
- Take break outside if possible.
- Keep 1.5 metres away from colleagues.



Remove all PPE before entering tea room.

When removing mask to eat or drink:

- Remove carefully, touching only the straps.
- Store in clearly labelled, clean paper bag.
- Put mask back on as soon as finished eating or drinking.
- Wash hands well after removing mask and after putting it back on.



- Wash hands well before eating or drinking.
- Disinfect phone.

Avoid sharing cups, bottles, cans, dishes, eating utensils – wash these well after use.





- Avoid sharing food and drink.
- Avoid bought lunches and drinks from canteen.
- Avoid water coolers.

Keep windows and doors open.
Report windows that don't open.



Clean and disinfect frequently touched objects (like kettle, toaster, microwave, counters, door handles, window handles) regularly.

Avoid sharing towels.
Use paper towel instead.



4

After work

When leaving work

Disinfect phone, stethoscope and pen regularly and again before leaving. Leave pen at work.



If possible, remove work clothes and place in plastic or washable fabric bag to take home.



Ensure used masks, gowns and aprons are discarded in designated waste bins.

Perform thorough hand and arm wash.





Keep hand sanitiser in bag or car, and use to clean hands after touching public surfaces.

When arriving home

Step 1

- Remove shoes.
- Leave outside, or just inside door, before entering home.



Step 2

- Remove cloth mask. Only touch straps to remove it.
- Remove work clothes if not already changed.
- Put mask and work clothes straight into hot wash or bucket with hot water and soap, along with fabric bags used for lunch and clothes.

Step 3

- Wash hands and arms thoroughly.



Step 4

- Immediately have shower/bath/wash.
- Avoid hugs, kisses and direct contact with family until after shower/bath/wash.

Step 5

- Dry cloth mask and work clothes in sun or tumble dryer.
- Iron to disinfect.





**Western Cape
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Western Cape COVID-19 Hotline
080 928 4102 (tollfree)

National Hotline
0800 029 999

National WhatsApp
0600 123 456

www.westerncape.gov.za