Pacific Emergency Education

**Health Worker Safety Guide for Covid-19: Protecting You and Your Family**

**Translation Form**

1. Remove watch and rings: Be bare below the elbows

*Translation:*

1. Keep money and phone in a plastic zip lock bag

*Translation:*

1. Bring your own food in a sealed container

*Translation:*

1. If work has a change area, wear your own clothes to work. Take uniform in a washable/plastic bag

*Translation:*

1. Clean your hands (per WHO guidelines) when you arrive and have temperature checked

*Translation:*

1. Change into your uniform and put your home clothes in the bag

*Translation:*

1. Cover your hair with a cotton head scarf (if you have one) and wash it daily

*Translation:*

1. No food in clinical areas. Wash hands and social distance in the tea room

*Translation:*

1. Clean your hands when you finish shift

*Translation:*

1. Change into your home clothes and put your uniform in the bag

*Translation:*

1. If you have open footwear wash or disinfect your feet if possible

*Translation:*

1. Clean your hands and equipment

*Translation:*

1. If no change area at work, remove work clothes and wash hands before greeting your family

*Translation:*

1. Keep bag of dirty work clothes away from family washing.

*Translation:*

1. Wash work clothes in hot water (if you can) and dry in the sun

*Translation:*

1. Place your work footwear in a bag until you are working again

*Translation:*