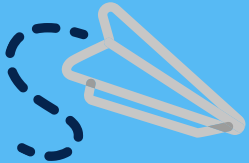


BACK TO WORK/OFFICE

Evidence informed advice



Ask to see your employer's COVID-19 strategy and ensure that you are comfortable returning to work.

Commit to 5 behaviours that keep everyone as safe as possible:

1

Practice physical distancing at all times throughout the day. Greet colleagues with virtual handshakes, air hugs or waves. Discuss with colleagues how to **stagger break times** and lunches. Choose to eat or **take breaks outside**. Avoid sharing food, utensils, cups.

2

Stay home when sick with any symptoms even if not COVID-19.

3

Frequently wash your hands for 20 seconds any time your hands might be contaminated.

4

Avoid touching your eyes, nose and mouth while at work or traveling on public transport. Wash and disinfect frequently touched areas of your desk. Assume all surfaces are contaminated even when often cleaned. Open doors or press elevator buttons with elbows so your fingers remain clean.

5

Cover a cough or sneeze with an elbow, sleeve or a tissue even if you decide to wear a mask. **Wearing a non-medical mask is less effective than maintaining physical distance.** Wearing a non-medical mask when physical distance cannot be maintained helps protect those around you.

