

CHECKLIST: GOING HOME SAFELY

Think-



Take a moment to pause and think about today



Consider three things that went well- congratulate yourself on a job well done



Acknowledge one thing that was difficult today-let it go

Feel-



Are you OK? Your senior team are here to support you



Check in with your colleagues-are they OK?

Do-



Take time to clear the day-take a shower, go for a walk, talk to a colleague, contact 1737- it's OK to not be OK-reach out for support



Now switch your attention to home- rest and recharge



Washing and drying your hands kills the virus

Wash often. Use soap. 20 seconds. Then dry.
This kills the virus by bursting its protective bubble.

Find out more at
[Covid19.govt.nz](https://www.covid19.govt.nz)

New Zealand Government

Unite
against
COVID-19

