

## COVID-19 Working Safely in Community Care

This storyboard is designed to explain how support workers can protect both themselves and the people they support from the risk of COVID-19.

**Frame 1:** One way you can protect yourself and the vulnerable people you care for is to wash your hands well.

You can learn more about good handwashing practices by watching the video **Hand Hygiene Essentials**.



**Frame 2:** After you have washed your hands dry them off with paper towel. This is better than a cloth towel, which many people might use. Put the paper towel directly into a rubbish bin. Try not to touch the lid of the rubbish bin.

**Frame 3:** Use an alcohol-based sanitiser between hand-washing to make sure you are not carrying any infection between clients or home with you.

**Frame 4:** When you arrive at a client's home check first that it is safe for you to enter. Ask the person whether they or anyone in the home has a high temperature or any other symptoms of COVID-19. If anyone has these symptoms do not enter the home, encourage the person to call their doctor and alert your supervisor.

**Frame 5:** COVID-19 spreads through infected droplets such as when an infected person coughs or sneezes onto a surface and another person touches that surface, then touches their face. Don't sneeze or cough into your hands, instead sneeze or cough into your elbow and teach others to do the same.

**Frame 6:** The virus can enter through the mouth, eyes or nose. You should avoid touching your face as much as possible. This is particularly important when you are at work or out in public where there might be a higher risk of becoming infected.

**Frame 7:** If you use a tissue to blow your nose make sure that you place the used tissue directly into the rubbish bin. Make sure you wash your hands with soap and water, or use an alcohol based sanitiser, immediately after you dispose of the tissue.

**Frame 8:** If you are feeling ill or have any of the COVID-19 symptoms you must stay home and contact your doctor to be tested. If you have COVID-19 symptoms you will need to return a negative test and obtain a clearance before you can return to work.

**Frame 9:** PPE should be used where necessary. Guidance about the use of PPE in aged care is available on the **Department of Health website**.

**Frame 10:** All hard surfaces should be cleaned regularly. Use disinfectant on regularly touched items such as the backs and arms of vinyl covered chairs, tables, toilets (including the flushing button), taps and door handles. Don't forget to clean phones and computers or electronic tablets regularly and between users.

**Frame 11:** At the end of the work day change out of work clothing. Work clothes and uniforms should be laundered between shifts.