

It is important that clinicians stay healthy and protect themselves, clients, colleagues and loved ones, as we continue to deliver services during this challenging period.

STEP 1 - INFECTION CONTROL

Follow the Department of Health & Human Services (DHHS) and your organisation's advice around hand hygiene and the use of personal protective equipment if you continue to work face-to-face.

Stay at home if you feel unwell, and complete the COVID-19 self-assessment (<https://www.dhhs.vic.gov.au/coronavirus-self-assessment>), to help you better understand the risks and precautions you need to take based on your personal circumstances.



REFERENCES + HELPFUL RESOURCES

1. DHHS Coronavirus disease (COVID-19) website: <https://www.dhhs.vic.gov.au/coronavirus>
2. Five Ways to Wellbeing: <https://5waystowellbeing.org.au/>

STEP 2 - MENTAL WELLBEING

Providing care during a pandemic can be unsettling. It is normal to experience concerns about the impact of COVID-19 on your own health, as well as that of your clients, colleagues and loved ones. To support your own mental wellbeing:

- Avoid speculation and review only trusted information sources (e.g. Department of Health and Human Services¹) for the latest COVID-19 advice. Take a break from the news and social media if you are feeling overloaded by all the information circulating.
- If you or your colleagues have any questions about the impact of COVID-19 in your workplace speak with your manager or employee assistance program to alleviate concerns.

Follow the *Five Ways to Wellbeing*²:

1. **Connect:** With family, friends, colleagues and neighbours. It is still possible to socialise and meet others using technology and social distancing measures
2. **Be Active:** Exercise and maintaining physical activity will help you feel good. Consider other physical activities such as gardening and dancing indoors if your usual sporting or gym activities are unavailable.
3. **Take Notice:** Be aware of the world around you and what you are feeling. Reflecting on things will help you appreciate what matters
4. **Keep Learning:** Try something new or rediscover an old interest (e.g. cooking, reading).
5. **Give:** Do something nice for a friend or a stranger. Seeing yourself, and your happiness, linked to the wider community can be rewarding and help create connections with the people around you.

STEP 3 - MANAGE FATIGUE

Use the following tips to reduce fatigue and stay safe:

- Continue to eat regular meals and keep a balanced diet
- Maintain a regular sleep schedule
- Take a short break during your work shift if you are feeling overwhelmed or tired
- Get up and walk around during breaks
- Keep in contact with colleagues to stay connected and supported, particularly if working from home