



# COVID-19 information for Health Workers



COVID-19 symptoms can develop within

**2 to 14** days of exposure.



Cough



Fever



Shortness of breath



Sore throat



Headache

Other symptoms include:  
Body aches and pains  
Weakness or fatigue  
Severe respiratory distress

## Protect yourself and others

20 seconds



Practice good hand and respiratory hygiene.

**PPE  
REQUIRED**

Appropriate PPE should include:

- Disposable gloves
- Surgical mask that covers mouth and nose
- Apron
- Eye protection

**Wear PPE when:**

- Triage and screening patients.
- Entering a room with a confirmed or suspected COVID-19 patient.
- Cleaning and disinfecting following a COVID-19 patient.

Remove and discard PPE appropriately and perform hand hygiene.

## Health care staff should



Ensure the correct donning and doffing of PPE.



Hand hygiene is essential before donning and after doffing PPE.



Avoid touching your face while working.



Monitor for signs of illness and if symptoms develop, self-isolate, follow the advice of NICD and inform your manager.



Maintain routine cleaning and disinfection procedures.

### Wash your hands well

- Wash for around 20 seconds.
- When washing your hands with soap and warm water, do not forget to wash in-between your fingers and the backs of your hands.



## What to do if you suspect you have been exposed to COVID-19

- Alert your manager and occupational health clinic immediately for further evaluation.