

COVID-19 – Don't take it home

Advice for managed isolation and quarantine workers

START OF SHIFT



Wear home clothes and shoes to work. Change at work into work clothes and wipeable work shoes.



Keep sanitiser in your car or bag and use on entry.



Leave personal phone in bag in staff area. Avoid taking personal items into returnee areas.

DURING SHIFT



Practise physical distancing in returnee areas. Stay 2m away from others.



Wear a mask. Use sanitiser or wash and dry hands frequently when in returnee areas.



Don't eat or drink when in returnee areas and store food in staff area. Wash and dry hands or use sanitiser before eating.



Wipe work phone and your own pen frequently with an alcohol-based wipe. Don't use phone in returnee areas.

END OF SHIFT



Wipe shoes and leave at work.



Put work clothes in plastic bag to take home. Wear home clothes and shoes home.

WHEN YOU GET HOME



Leave shoes outside or in a specific area.



Put work clothes into washing machine. Wash and dry clothes as normal.



Wash and dry hands and arms or take a shower.



If you go out again, observe the relevant Alert Level restrictions and keep a record of your contacts.

For more information about managed isolation and quarantine, go to: miq.govt.nz