

Before Work 上班前



Remove all watch
and jewellery
除下手錶和首飾



Bring your work clothes
in a washable bag
帶一套乾淨的衣服
在洗衣袋替換



Bring food in a
disposable bag
將所有食物放入一
次性使用的袋子內



No nail polish.
Proper hand hygiene.
不塗指甲油，
保持手部衛生

During Work 工作期間



Sanitize phone,
ID badge
& glasses
消毒電話，
ID 和眼鏡



Sanitize work
station
消毒辦
公桌面



Hand hygiene
before/after
each resident
interaction &
when touching
new surfaces
每次接觸長者前或
平面時的前後洗手



Sanitize meal
surfaces and
proper hand
hygiene
before eating.
進餐前要對消毒
桌面及洗手



No hand-shaking
or high fives
不要握手
或擊掌



Wear appropriate
PPE as directed
依指示穿著
個人防護裝備

After Work 放工後



Change into clean clothes.
Put work clothes
in washable bag.
Wear clean clothes home.
換上乾淨的衣服才回家。
將工作服放在洗衣袋。
穿乾淨的衣服回家



Sanitize phone,
ID badge,
glasses
消毒電話，
ID 和眼鏡



Wipe down
work shoes
& leave at work
清潔上班時
穿著的鞋子，
留下上班時才穿
的鞋子在工作地點



Shower at work
or immediately
at home
回家後立即洗澡



Wash reusable
tupperware
清洗水瓶或
其他保溫器



Work clothes &
bag in washer
連洗衣袋清洗上班服



Find time to do some
health and wellness activity
for at least 30 minutes
做30分鐘的運動