

Staff Health and Wellbeing

Stay at home if you're feeling unwell. Following the last episode of any diarrhoea or vomiting -allow 48 hrs to be symptom free before returning to work.

Keep hydrated during your shift. Create staff hydration stations in a non-patient area.

Consider reducing caffeine intake-try decaffeinated products.

Moisturise hands regularly-there should be access to wall mounted moisturising cream within the surgery.

Check skin integrity/condition of the hands, if there are skin problems: –

- **Cover cuts with a waterproof plaster.**
- **Consider using moisturising cream, as a soap substitute.**
- **Change paper towels to softer ones (e.g green coloured towels to white coloured towels).**
- **Review type and use of non-sterile gloves-consider switching blue nitrile gloves to purple Vinyl gloves-must adhere to European standards.**