



Protecting Ourselves from COVID-19: Keeping Essential Workers Safe and Healthy

As we continue to promote the importance of social distancing and the impact that staying home has on slowing the spread of this virus, we need to support all essential workers who may have a difficult time following these practices in their call of duty. Essential workers in our community are working on the frontlines to continue to serve the needs of our population as we work to fight this virus. Essential workers put their health at risk each time they enter a shift. As they work to protect us, we need to do our part to keep them healthy by staying home and practicing social distancing.

Are you an essential worker? It's important for you to monitor and take care of both your mental and physical well-being. These tips below provide some helpful guidance for you and your co-workers.

At Work

- Keep personal items away from work areas. If possible, personal items, including your cell phone and keys, should be stored away from areas where they can come into contact with other individuals. If you are able, leave your personal items in your vehicle, in a locker or break room, or even your pants or jacket pocket. This reduces the likelihood of your personal items becoming contaminated. If you are unable to store them while working, we encourage you to do your best to avoid using your personal items unless necessary. Before you return to using your personal items, wash your hands thoroughly for at least 20 seconds.
- Check in with yourself. Acknowledge your feelings and let go of what you can. We want you to understand that it's natural to feel what you may be feeling, whether it's happy, sad, tired, hope, anxiety, and/or sadness. Taking a moment each day to pause and reflect can help you center yourself and find peace of mind.
- Consider things that went well today. Be proud of the essential service that you provided today. Remind yourself that even though times might get difficult, you are doing something important for your community.
- Check on your fellow workers before you leave each shift. Ask your co-workers if they are okay. Listen, share stories, and swap compliments. If someone needs more support, assist them with finding services they may need because this is how we will work together to get through this. 211 (www.211nh.org) is a great place to look for resources.



- Ask yourself: are you OK? Your leaders and fellow workers are there to listen and support you. Your physical and mental well-being is important, so don't hesitate to seek out help, even if you simply just need someone to listen to you.
- Wash your hands, wash your hands, wash your hands! Make sure to thoroughly wash your hands with warm water and soap for at least 20 seconds before leaving work.
- Practice social distancing by staying at least six feet away from others, including co-workers. In situations where you are unable to maintain 6 feet from others, wear a cloth face covering to protect others from your respiratory droplets. Cloth face coverings are effective in preventing pre-symptomatic spread of COVID-19 in combination with social distancing and handwashing.

At Home

- Keep germs out of your home. Before you enter your home, follow these steps if you are able.
 - Take off your shoes before you enter your home and leave them outside or away from others in your house.
 - Leave any items that cannot be washed and may have been exposed to other individuals at work outside or away from others in your house.
 - Immediately remove your clothing and place it into a designated hamper. If you have access to a washing machine and dryer, wash the clothes immediately using the warmest water temperature recommended on the clothing label. If you do not have access to a washing machine and dryer, keep that designated hamper away from other members of your household until you are able to wash them.
 - Wash your hands with soap and water or use an alcohol-based hand rub.
 - Wipe down your phone.
 - If you able, shower immediately to make sure no germs remain on your body.
- Meet your basic needs by eating, drinking, and sleeping regularly.
- Take breaks and give yourself time to rest from thinking about work. Take a walk, listen to music, read a book, or talk with a friend.
- Limit media exposure to stories that may elevate your fear. Stay informed but know your limits for messages that increase your stress. Exceeding limits can harm your overall well-being and reduce your personal and professional effectiveness.
- Monitor yourself for any symptoms of COVID-19 and take your temperature twice per day. If you have a fever or are not feeling well, please stay home from work. Consider calling your health care provider or the Nashua COVID-19 Hotline at 603-589-3456.



CITY OF NASHUA
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- While you work to protect the physical health of yourself and those around you, remember to take care of your mental health, too.
- Visit loved ones through electronic devices rather than in-person to protect yourself and your family.

The City of Nashua Division of Public Health and Community Services wants you to know that we are here for you during this time. If you have any further questions or would like more information about how you can protect yourself and your family from COVID-19, please visit our website at www.NashuaNH.gov or call the Nashua COVID-19 Hotline at 603-589-3456.