Aga Khan Health Services, East Africa

ADVICE TO ALL HEALTHCARE PERSONNEL
Small but important things you must do to take care of yourself and your families

- Stop bringing laptops and handbags to the hospital
- Don't carry wallets, money or wear watches to the hospital. Just a credit card, some notes or digital money should be enough
- Clean your spectacles, car/bike keys, mobiles or any other things you've carried to the hospital with antibacterial solution on arriving at hospital and right when you reach home
- Change into hospital scrubs/uniform first thing when you arrive and back into home clothes just before leaving
- Wear a mask when in the hospital and discard used ones correctly
- Don't use phones, remotes, iPads in duty rooms in hospital or even on beds at home
- On reaching home, ask someone to open the door for you and move straight to take a shower. Best to wash your clothes immediately or put for wash separately
- Those with elders or children at home, better to stay away from their rooms for few days to not expose them to any infection
- Wash your hands regularly and keep sanitising

Caring For You