

What Essential Workers Can Do to Stay Safe

Our family of physicians are here to provide exceptional care and protect the health and safety of all our patients and visitors.

Many workers who are considered essential have not been able to work from home or self-isolate during the COVID-19 pandemic. If you are considered an essential worker, SWHR providers endorse CDC recommendations to follow protocols that protect yourself, your loved ones, and your community.



WHILE AT WORK.

- If you are an essential worker potentially interacting with COVID-19 positive people, it's important to follow your employer's specific guidelines for personal protective equipment in your work environment.
- Wear a mask or cloth face covering at all times.
- Keep 6-foot distance between yourself and others.
- Avoid mealtimes in enclosed spaces with others who are eating.
- Wash hands frequently with soap and water, when possible, or use hand sanitizer.



WHEN YOU RETURN HOME.

When you come home from work, school, or any environment where you could have been exposed to the coronavirus:

- Change clothes, leaving dirty clothes out of the main living areas, if possible.
- Wash hands immediately and take a shower.
- Disinfect areas you may have touched (bathroom door and shower knobs, for example).
- Use caution when laundering the dirty work clothes. Perhaps use one hamper for dirty work clothes and another for others.
- Wash hands after handling laundry.



Are you concerned that you may have coronavirus?

Texas Health Resources Coronavirus Hotline, staffed by nurses, is available to help answer your questions. Call **682-236-7601** anytime to speak with a nurse. Learn how to protect yourself.