

Staying safe this winter

How to minimise your risk of Acute Respiratory Infection (ARI)

This winter, health workers (HW) may be exposed to or present with Acute Respiratory Infection (ARI) such as COVID-19, Influenza, Respiratory Syncytial Virus (RSV) or a number of other respiratory viral pathogens. Staying safe and protecting yourself and others during winter when presentation of ARIs are heightened is important.

We ask all HWs to follow these key principles to keep safe this winter:



Get Vaccinated

- Be up to date with all your vaccinations, especially COVID-19 and influenza



Stay home if unwell

- Stay home if you are unwell
- Managers are encouraged to support staff to stay home if unwell
- Advice on return to work, refer to '[COVID-19 and other ARI - Managing health worker exposures and return to work in a healthcare setting](#)'



Get Tested

- Get tested (RAT or PCR as per guide) even if you have mild symptoms
- Avoid close contact with anyone who has cold and flu symptoms



Adhere to Hand Hygiene and Respiratory etiquette

- Clean your hands regularly with alcohol-based hand rub or soap and water
- Cover your nose and mouth when coughing or sneezing in a flexed elbow or with a tissue and dispose of the tissue in a bin, followed by hand hygiene
- Wipe down your personal areas of shared spaces



Wear a mask

- Wear a mask while at work according to the current COVID-19 alert level
- When worn correctly a mask will provide source control and a layer of protection. This will help to reduce your exposure to COVID-19, influenza, RSV and other respiratory pathogens
- Wear appropriate PPE while working as per local policy

Speak up for safety: support your team to do the right thing