



Disinfect your sitting area with disinfectant wipes



Hand hygiene + disinfect eye protection, put on clean paper towel



Hand hygiene, then remove and discard mask



Hand hygiene, then eat your meal

## Before your break



Wear a mask when not eating or drinking



Disinfect your phone



Do not share food, cutlery and condiments

## During break



Do hand hygiene, wear a clean mask and eye protection



Disinfect table and chair



Hand hygiene and return to work

## Before returning to unit