STAYING SAFE IN GENERAL PRACTICE
A new day in the life of a dental team

**Getting to work**
1. Wear clean clothes
2. Put your phone in a plastic bag
3. Pack two pillowcases and use a washable bag like a rucksack

**At work**
1. Change into clinical work wear
2. Put your home clothes into one pillowcase
3. Prior to clinical activity put on appropriate PPE, including doffing and donning procedures as appropriate

**Leaving work**
1. Shower if possible
2. Put your work clothes in the other pillowcase
3. Change into the clothes you had on in the morning

**Arriving home**
1. Clean down your car where your hands came into contact with it
2. Enter your home with minimal contact with the premises
3. Wipe down the door
4. Dispose of the bag your phone is in
5. Place pillowcases and all work clothes in washing machine separately from other household items
6. Wash on a < ½ load at max temp on labels. Either line-dry, tumble dry or iron
7. Wipe down the machine
8. Wash your hands
9. Shower and dress in clean clothes

**Decompress**
1. Relax and recharge
2. Go for a walk
3. Phone a friend
4. Don’t forget our counselling and emotional support hotline for members
   bda.org/healthassured