

# Wellbeing and Hygiene





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## Wellbeing

Wellbeing is a feeling inside us that comes from our thinking and our feeling that shows in how we act. For good wellbeing, we need to:

- eat a good diet
- get enough sleep
- never be afraid to ask for help
- exercise often
- be strong about how much alcohol we consume, stay away from marijuana (gunju) and other illegal drugs

## Working Alone

- look after yourself
- make sure that you and your client/s are safe
- tell your manager where you are

## Hygiene and infection control

- have good personal hygiene
- wash your hands often
- cover your mouth when coughing or sneezing
- use a tissue not your hand
- stay home when you are sick

## Washing your hands is very important

- before and after you eat
- before you handle and prepare food items
- after touching animals or pets
- after going to the toilet
- after contact with any body fluids like blood, urine or vomit
- after blowing your nose, sneezing or coughing
- after touching rubbish
- after changing beds
- after smoking