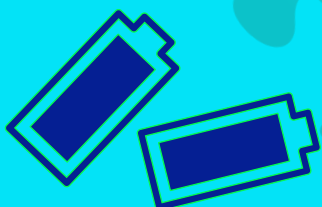


COVID-19: Preparing yourself



Optimise
your “Personal Batteries”

Make a Personal Wellbeing Plan*

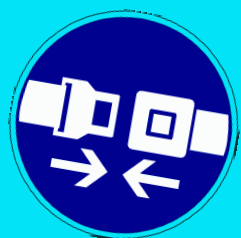
Home contingency & self-isolation planning

**FOCUS ON WHAT CAN
BE REASONABLY UNDERTAKEN**

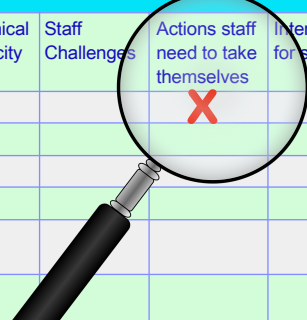
Try to anticipate likely individual challenges
both professional and personal

Work within own competencies,
but learn new skills to help others

Put on your mental
health safety-belt:
create a Safety Plan*



* Read more about
Personal Wellbeing Plans
and “Safety Plans” in the
@HCW_Welfare Guidance,
and visit [StayingSafe.net](https://www.staying-safe.net)



	Technical Capacity	Staff Challenges	Actions staff need to take themselves	Interventions for staff	Corporate actions
Preparation			X		
Early Phase					
Mid Phase					
Peak Phase					
Tail-off phase					
Post-COVID19					