BHP

My controls at at Work

	Keep myself up to date with company advice on COVID-19
	Maintain social distancing
	Maintain good hand hygiene and wiping down surfaces and frequent touch points
	Provide support to colleagues
	Maintain focus on safety of personnel
	If working from home setting up the home office space
	If unwell, do not attend work
	Discuss flexible work options with my manager (if applicable)

My controls at home and outside of work

	Avoid public spaces if they involve close proximity to others
	Maintain good hand hygiene
	Plan any shopping to minimise trips and interactions
	Stay informed on matters related to COVID-19 from local health department and reputable sources (WHO, CDC)

My General Health

	Flu shot
	Eat healthy and maintain good sleep habits
	Regular physical activity (I.e. going for a run, walk or ride) taking into consideration social distancing

My Family

	Maintain regular phone communication or via social media
	Ask my family to share any concerns they have
	Ensure they have accurate information about COVID-19 and how to protect themselves
	Plan in place for self-isolation if required to ensure family is separated and protected
	Provide the EAP number to my immediate family
	Planning for recreational activities that can be done in the home

My Mental Health

	Talk about any concerns I have with my family
	Practice mindfulness or meditation
	Plan after hours activities that are future focused
	Ensure my family and I have a support network
	Know my company EAP details and have this number in my phone

My Personal Security	
	Check security of house, ensure it's locked during the day when at home
	Be vigilant for scammers
My Community	
	Keep in phone contact with people that are at risk by phone

Further Support

All <u>BHP Employee Assistance Program</u> providers details can be found here.