10 WAYS TO SUPPORT NURSES

Nurses have been at the frontline of the COVID-19 pandemic from day one. Each and every one of those days nurses bravely put themselves at risk to care for others, endure uncomfortable PPE over long shifts and sacrifice seeing their own loved ones to keep them safe.

We don't want accolades for what we do. The biggest gift you can give us is helping us end the pandemic so we can finally get the rest we deserve.

1. BE KIND
Please be patient, treat us with respect and never resort to violence or abuse.

2. SHOW COMPASSION
When interacting with a nurse ask us how we're going or thank us for doing a good job!

3. TRUST US
Listen to the professionals who have dedicated their lives to health care and science.

4. WEAR YOUR MASK PROPERLY
Make sure your mask fits well and always covers your nose and mouth.

5. PRACTICE HAND HYGIENE
Don't get complacent. Keep sanitising and washing your hands for at least 20 seconds.

6. STAY PHYSICALLY DISTANT
1.5m

Stay at home when you can and keep 1.5 meters apart when you are around other people.

7. USE QR CODES
Check in whenever you are out and about to make contact tracing easier.

8. ROLL UP YOUR SLEEVES
Protect yourself and others and help us get back to normality by getting vaccinated!

9. GET TESTED
If you have the mildest of symptoms come forward to get tested even if you've done so before.

10. BE A ROLE MODEL
Encourage others to follow public health orders and empathetically educate those who may be hesitant to get vaccinated.

THANK YOU!
We know you've heard these messages time and time again but remember that your small actions will make a huge difference for us, your nurses.

Australian College of Nursing

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