

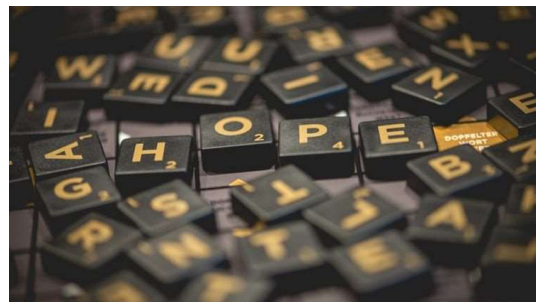


SwingShift Nurses Notes



Increase work for nurses

Our way of life has changed dramatically in recent weeks — and it will keep changing as we respond to the evolving coronavirus (COVID-19) pandemic. The impact on the country's healthcare system and those working in the sector has been dramatic. Hospitals are busier as demand for services escalates and all indications are that this will continue. We encourage you to maintain your availability and hope that you are keen to do as many shifts as practical. Your



Support for mental health

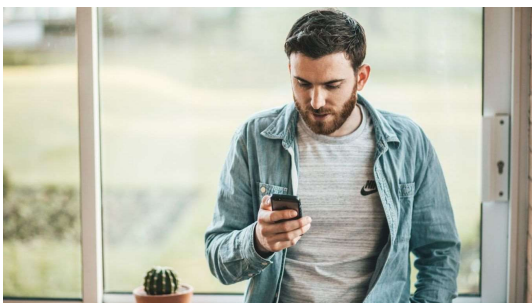
Many people will experience feelings of anxiety, distress and concern in relation to coronavirus. Looking after your mental health has never been more important. The federal government has committed \$74 million to support the mental health and wellbeing of Australians. Its [Head to Health](#) website provides authoritative information on how to maintain good mental health during the pandemic and Beyond Blue is building a dedicated COVID-19 Mental Health Support

welfare is paramount to us. SwingShift Nurses will not knowingly send you to a facility with active COVID-19 cases and we will endeavour to inform you if we have been advised that the virus has been present. As always, it is your decision to accept a shift or not and we fully respect that you may choose not to work at this time.



Good hygiene is critical

COVID-19 is transmitted by person-to-person contact. This means very close contact with an infected person; droplets from coughs or sneezes from an infected person; or touching surfaces with droplets from an infected person. The virus then has to get to your mouth, nose or eyes to be transmitted. Practising good hygiene is critical.



No more paper docketts

SwingShift Nurses has stopped using paper docketts as a precaution against viral spread. Our payroll staff were handling hundreds of docketts a week which placed them at significant risk. If you have not done so, please download the SwingShift app from the Apple or Google Play store and contact our office for your log in details. It's essential that you use the app to take a photo of your shift docket and then upload it directly into our software. We are also using the SwingShift app to send out shift notifications and it is the most efficient way to manage your availability.

Service. Available at beyondblue.org.au or 1300 22 4636, it offers free counselling 24/7. It also provides advice on coping with COVID-19, isolation and connection, workplace and financial hardship and how to support the mental health of loved ones.



Always cover coughs and sneezes with your elbow or a tissue and put used tissues straight into a bin wash your hands often (before and after eating, after using the toilet, after touching at-risk surfaces)

- use alcohol-based hand sanitisers
- avoid touching your eyes, nose and mouth
- clean and disinfect frequently used surfaces such as benchtops, desks and doorknobs
- clean and disinfect frequently used objects such as phones, keys and work passes
- increase the flow of fresh air by opening windows or adjusting air conditioning.



International Women's Day

SwingShift Nurses celebrated International Women's Day (IWD) on 8 March. It recognises the social, economic, cultural and political achievements of women. First held in 1911, IWD has become a time to reflect on progress, to call for change and to celebrate the courage and determination of the women who changed history and those who will advance gender equality into the future. IWD is an occasion to review how far women have come in their struggle for equality, peace and development.



Connect with SwingShift Nurses: T: 03 9481 7222 E: recruitment@swingshift.com.au
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