

As a veterinary worker, your job in the work-force is considered essential.

While the COVID-19 pandemic continues, your commitment to animal health has never wavered. **All of us at Vetoquinol thank you for your time, energy, and contributions as you continue to work on the front lines of veterinary medicine.** As an essential employee, please take into consideration the following tips to help ensure your best physical and mental well-being during these new and changing times.

► **Protect yourself and your family**

Don't forget, your job as an essential employee can also put your family at risk of exposure even if they are dedicated to at-home quarantine. Refrain from wearing your scrubs or other work apparel home at the end of the day.

To lower the risk of virus transmission:

- Bring a change of clothes and shoes with you every day
- Wash your hands before leaving the workplace and immediately upon returning home
- Take a shower

At the Workplace

- Follow AVMA and AAHA guidelines for general operational protocol during the COVID-19 pandemic
- For all staff members, exposure to clients should be minimized
- Gloves and a face mask should be worn when interacting with clients

► **Support yourself and your colleagues**

Veterinary medicine can be tough on your body and your mind on a "normal" day; and "normal" does not apply to the current COVID-19 situation. Getting through these times alongside your veterinary team will be much easier with everyone at their best!

- Give yourself time for brain breaks during the workday
- Keep your self-care in check
- Reach out to a struggling team member

► **Stay up to date**

Keep current on local, state, and national mandates; these are changing often, so check trusted resources often. Use the following resources for the latest veterinary recommended protocols and information.

AAHA - <https://www.aaha.org/publications/newstat/articles/2020-03/covid-19-resources/>

AVMA - <https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19>

Clinicians Brief - <https://www.cliniciansbrief.com/covid-19-updates>

VIN - <https://www.vin.com/covid>

AAEP - <https://aaep.org/resources/covid-19-resources-veterinarians>