

# COVID-19: demonstrating positive behaviours

Our behaviours have large impacts on those around us, reflect before you act.

## Consideration

Have **consideration** for others, be mindful of overloading colleagues with social media posts. Please maintain cleanliness and hygiene.

## Courtesy

Be **courteous** to your fellow workers. We are all in this together and likely to share the same concerns and anxieties.

## Social vitamin C



## Caring

Keep **caring** about your colleagues, whether they are working or self isolating. Both situations are hard, please offer support.

## Community

Keep up the **community** spirit, share positive experiences. This will help reduce the fear and anxiety of those around you.

## Compassion

Show **compassion** to those who are more affected than you or who are in a more vulnerable situation.

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