COVID-19: demonstrating positive behaviours
Our behaviours have large impacts on those around us, remember we are a work community


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

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

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

**Social vitamin C**

**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.