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

▶ 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/
VIN - https://www.vin.com/covid
AAEP - https://aaep.org/resources/covid-19-resources-veterinarians