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SURVIVAL TIPS
FOR
WORKING FROM HOME
WITH FAMILY

QUICK TIPS!



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Working from home?

As you wake up in the morning, try telling yourself “today is going to be a better day than yesterday”, and don't forget to say your prayers.

Set a work space for yourself – clear a desk, place your laptop and your stationeries on the desk

Set a time (yes you need to work from 8am -5pm), however you also have children who are schooling from home

When you need to attend a meeting from home, inform your spouse and children prior (this helps to prepare your family mentally) not to interrupt you at certain time.



Meal Time

during Work from Home

“Do I cook? or do I order for food delivery?”



Try to plan your meal a day ahead, so that when you wake up in the morning, you know what to de-frost from your freezer. This can speed up your cooking process.

— OR —



If you are ordering from food delivery services, please take safety precautions.

Mom Issues

during Work from Home

Work from home mothers need to be multitasking such as working, attending to spouse needs, children's needs, social media, home issues and many more.

Tired? Please take a break- enjoy a cup of tea or coffee, or just browse through your favourite news or social media for updates. Try to limit the time to a few minutes just to refresh your mind (individual preferences applied here)



Try to be nice to each other and speak kind words to everyone in your house – this is important for your mental health and everyone else's.

Try to prioritise. Yes you are a superwomen, but please prioritise. Take care of yourself first, before taking care of others. For example, bathe and have your meals on time

Children need to do online classes while you are using your laptop? (try negotiating with their teachers to adjust the timing so that everyone is comfortable and everyone's objectives are met)

Dad Issues

during Work from Home

Adjusting to this new temporary lifestyle of WFH may not be as easy, as there will be interruptions.

However, stay focussed. Keep to your work time and attend to meetings (via your computer). Meet datelines.

Try be nice to each other and speak kind words to everyone in your house.

If you're tired, please take a break. A short nap just before lunch (10-15 minutes) may help to refresh your mind.

Helping your spouse? You are most welcome! This can improve your relationship, and reduce each others burden during WFH.

Children wanting your attention? Why not? Set a time to address their issue in 15 minutes or 30 minutes? Yes please do. They still need your help with their school works and their personal needs.



Covid-19 and the things around you



Covid-19(SARS-CoV-2) is a virus that is spread by small droplets (meaning the particles can land on surfaces and objects when a person sneezes or coughs).



**The virus can last from a few hours to days on certain objects
(Aerosol and surface stability of HCoV-19 (SARS-CoV-2) compared to SARS-CoV-1)**



On copper
4 hours



On plastics and stainless-
steel surfaces
up to 2-3 days



On cardboard
up to 24 hours

How does Covid-19 spread?

Bonus Tip

This virus can be transmitted by touching the contaminated objects and then touching your eyes, nose or mouth before washing your hands



The median incubation period of this virus is 5 days (range 1-14days), so a person may already be infected but not showing any symptoms within this incubation period.

Most important measures YOU can do

Bonus
Tip



Wash your hands frequently with water and soap or with hand sanitizer (at least 70% alcohol content). This will take at least 20 seconds or more.



Social distancing at least 1 metre away from another person



Stay at home and obey to the movement control order by the government



Cough or sneeze etiquette are cover your mouth and nose with tissue or handkerchief upon the act of cough or sneeze and then immediately wash your hands

When doing grocery shopping

Bonus
Tip

Maintain social distancing

Clean the trolley handle with alcohol rub before touching

Wash your clothes with soap and take a shower immediately upon coming home from grocery shopping

Wash your hands after paying your grocery items

Clean surfaces and groceries immediately upon reaching home



Acknowledgement

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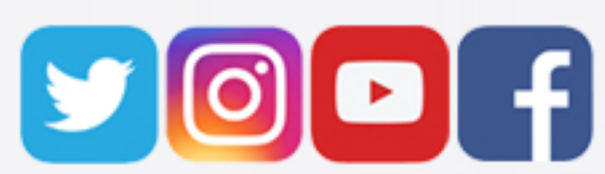


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