

## Working from home, medical emergencies

Welcome to working from home. You may be a seasoned home-worker or this may be your first time. Either way there are some simple but effective things you can do to keep yourself comfortable, healthy and productive.

As a homeworker you may be working alone. It is therefore important you have an action plan in case you hurt yourself or become unwell.

One of the best things you can do is to carry your mobile phone with you at all times. If you were to fall, you may struggle to get to your phone to summon help.

The severity of your illness or injury will determine whether you phone 111 or 999. Dial 111 for less serious issues or to get advice on whether you need to seek further medical support. 999 should only be used in an emergency situation. [Why not download the St. John Ambulance app?](#) This has some great first-aid advice.

If you feel you are at greater risk or have an underlying condition and you need additional support speak with your manager or health and safety colleagues.

**Remember, your health and wellbeing is the most important thing to us. This homeworking period is temporary and difficult for all of us, we are here to support you through this challenging period.**

