

COVID - 19

How to minimize risk to your family

BEFORE WORK



Remove all watches and hand/arm jewelry.



Have a change of clothes in a washable bag.



Take lunch and snacks in a washable and disposable bag.



Don't wear nail polish and wash your hands often.

AT WORK



Change into clean, dedicated work clothes.



Sanitize your phone, ID badge and glasses.



Observe appropriate hand hygiene before/after each patient, or touching a surface.



Do not shake hands, or give high-fives.



Change into clean clothes before leaving work.



Sanitize your stethoscope and workstation.



Sanitize your lunch area before you eat.



Wear the appropriate PEE for each situation.



Remain 6-feet away from other people when possible



Put your dirty clothes into the washable bag.

AT HOME



Wipe down your work shoes and leave them at work.



Leave outside shoes in the garage or outside the door.



Wash all your clothes and the bag they were in.



Take time for wellness and self-care each day.



Sanitize your phone, ID badge, glasses and stethoscope.



Shower immediately after getting home.



Wash or put dishes, water bottle or coffee mugs through dishwasher.