

Guide to Transitioning Between Work and Home during COVID-19

Here are some ways to reduce your risk of infection with COVID-19 when at work and when headed home.

Before work

- Eat well, hydrate
- Come to work without belts, jewelry, and anything that cannot be high temperature washed at home every night
- If you may utilize an N95 mask at work:
 - Do not wear make-up or face lotion
 - Come to work clean-shaven (i.e., no beard)
- Use hand cream that is free of irritants like retinol or those labeled “anti-aging.” And consider fragrance-free products with dimethicone, polyuronic acid or shea butter

At work

- Wash your hands
 - Between patient care episodes
 - Before leaving a patient care area
 - Frequently throughout the day
 - Prior to eating
- Wear a procedural mask in patient care areas
- Avoid touching your face, eyes, nose and mouth
- Stay 6 feet from other people during work, breaks, and meals
- Know your [unit/roles specific PPE guidance](#)
- Follow steps for donning and doffing your PPE to prevent self-contamination
- Sanitize stethoscope with oxivir wipes between each patient encounter; allow for 1 minute wet time
- At the end of your shift, and as needed:
 - Sanitize your badge, pager, phone, etc.

At home

- Leave your shoes outside
- Shower before interacting with family and household members
- Wash everything you wore to work at high temperature
- Limit screen time
- Get outside for sunshine
- Eat well
- Get plenty of rest