

Keeping ourselves and families safe

Background: Reports show a high rate of transmission of COVID-19 to healthcare workers (HCWs). As part of minimizing the risk to HCWs, the following are ways to reduce the likelihood of becoming infected with COVID-19.

Before work

- Eat well, drink well
- Come to work without belts, jewelry, and anything that cannot be high temperature washed at home every night
- Come to work clean shaven and without make-up
- Protect your hands with cream/lotion that is free of irritants like retinol or those labeled “anti-aging.” And consider fragrance-free products with dimethicone, polyuronic acid or shea butter. No facial lotions to preserve N95 masks.

At work

- Change into clean scrubs upon arrival and leave your street clothes in a non-patient care area
- Perform hand hygiene/wash your hands and wear a procedural mask in patient care areas
- Avoid touching your face and minimize unnecessary contact with equipment, door handles, keyboards, etc.
- Perform hand hygiene/wash your hands often
- Stay 6 feet from other people during work, breaks, and meals
- Change scrubs after interactions with patients that may have led to significant contact with droplets or other bodily fluids
- Follow PPE guidance for donning and doffing, and your relevant unit specific PPE guidance for utilizing the PPE relevant to your clinical practice
- Perform hand hygiene/wash your hands before leaving a patient care area, and remove scrubs before leaving to go home
- Sanitize your stethoscope between patient encounters, badge, pager, phone etc. before you go home with oxivir wipe, allow to stay wet 1 minute
- Shower at work, if possible before you go home
- Leave your scrubs in the designated bin
- Go home in your street clothes

At home

- Leave your shoes outside
- Shower before interacting with anyone if you didn't shower at work
- Wash everything you wore to work at high temperature
- Limit screen time
- Get outside for sunshine and exercise
- Eat well
- Sleep