

# Tips for keeping healthcare workers and their families safe from COVID-19



## Going to Work

- Avoid public transit and ridesharing.
- Place all work gear – stethoscope, badge, pens, etc – in a resealable bag or garbage bag.
- Bring a separate pair of shoes and, if possible, clothes in a bag.
- Bring disinfecting wipes or a cleaning solution and cloth.



## Before Leaving Work

- Wash hands, arms, and face with soap.
- If possible, shower at work and change into the separate clothes and shoes in your bag. Leave work clothes/shoes in a locker at work.
- With wipes or cleaning solution and cloth, clean badge, stethoscope, pens, and pencils, and place them in a resealable bag or garbage bag. If possible, leave this bag at work or in a safe place in your car.



## Just Before Entering Home

- Wipe down steering wheel, car door handles, phone, and other high-touch objects with wipes or cloth with cleaning solution. Leave any object that doesn't need to come inside the home in a safe place in your car.
- If not done already, change from work shoes into home shoes. Leave work shoes outside in a bag or under an upside down container.



## When Entering Home

- Wash hands with soap. Avoid touching eyes, nose, or mouth.
- Wash clothes with warmest water possible and detergent. Wash food containers and water bottles with hot, soapy water.
- Disinfect surfaces touched with unwashed hands, like doorknobs and light switches.
- Take a shower and wash hair before coming into contact with others.

**If you or anyone in your house develops symptoms such as cough, fever, shortness of breath, headache, muscle pain, chills, runny nose, diarrhea, nausea/vomiting, or sore throat, please contact your employer before your next shift, and visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for more information.**