

## How to minimize risk of COVID-19 for you and your loved ones while at work

### BEFORE WORK

- Remove watch and jewelry
- Wear personal clothing to work
- Bring work clothes in a washable bag & a pair of shoes that can be easily cleaned and left at work
- Bring lunch in a disposable bag
- Practice proper hand hygiene

### DURING WORK

- Sanitize phone, ID badge, eyewear, and any work supplies (like your stethoscope) regularly
- Hand hygiene before/after each patient and when touching new surfaces; Avoid handshakes or high-fives
- Sanitize lunch space before eating
- Practice physical distancing
- Wear appropriate PPE as directed

### AFTER WORK

- Sanitize phone, ID badge, eyewear, and any work supplies. Leave what you can at work
- Change into clean clothes/shoes and put work clothes/scrubs in washable bag
- Wipe down work shoes and leave them at work
- Shower at work or immediately after arriving home
- Leave outside shoes in garage or outside front door
- Wash scrubs in washing machine on highest heat setting.
- Put any water bottles, food containers, etc. in dishwasher
- Practice wellness activities every day