

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.