



# Infection Prevention and Safety at Home for Coronavirus Disease 2019 (COVID-19) Exposed Health Care Workers

**Please note:** These recommendations are based on the Centers for Disease Control and Prevention (CDC) safeguarding against COVID-19 cross contamination of non-infected persons when another member within a household is experiencing an active COVID-19 infection. These guidelines may help health care workers, who are not symptomatic but exposed to active COVID-19 infection at work, protect their families and those who live within the home. The use of modified precautions that focus on preventing droplet and contact spread are recommended in the household setting. Avoid touching your eyes, nose, and mouth with unwashed hands.

## What are you touching at work that comes home with you?

- Eyeglasses
- Name badge
- Face mask (in a disposable bag)
- Keys
- Stethoscope
- Outer wear (jacket, coat, hoodie)
- Lab coat/uniform/scrubs/clothing
- Shoes

## 10 Tips for Health Care Workers at Home

1. Designate an area at home (e.g., garage, mudroom) separate from living area to take off shoes, work clothing.
2. Minimize use of this designated area for any other purpose.
3. Store supplies in this area to disinfect portable belongings and shoes and to perform hand hygiene.
4. Place portable belongings (cell phone/keys/wallet/purse/badge) in designated container for disinfection. If you are required to bring equipment home, N95 masks should not be removed from storage bag provided at work site.
5. If shoes cannot be kept outside the home (i.e. garage), place an easily-cleaned chair in doffing area to use while disinfecting shoes. Once sitting, use disinfectant to wipe all surfaces of shoes, top to bottom, then soles. Remove shoes and store them in the doffing area. Dispose of wipes in waste receptacle.
6. Immediately wash hands with soap and water for at least 20 seconds. If soap and water are not available, clean hands with hand sanitizer (at least 60% alcohol). Cover all surfaces of hands and rub together until dry.
7. Remove clothing, taking care not to shake dirty clothing as it may disperse virus in the air. Place clothing in hamper that may be wiped down or lined with disposable or washable bag.
8. Wipe down portable belongings. Follow manufacturer's instruction for cleaning/disinfecting. If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly to prevent pooling.
9. Repeat hand washing protocol or use of hand sanitizer.
10. Dispose of paper towels in waste receptacle.