How to Protect the Health of Your Home and Family

Priority: Monitor your own health
Per the CDC: check your temperature twice a day and remain alert for respiratory symptoms (i.e., cough, shortness of breath, sore throat).

If you develop symptoms, do not report to work. Contact your immediate supervisor per your normal department procedure. If you become ill at work, report this to your immediate supervisor and/or employee health right away.

Colleagues working in areas of highest risk should consider taking the following steps to prepare for their workday.

Prep before going to work
- Consider wearing your own personal scrubs every day; always have a clean set ready to wear.
- If you wear a white coat, wash it every day.
- Remove anything optional or nonessential you typically wear (i.e., jewelry, ties, watches).
- If you have medium or long hair, wear it pulled back.
- If you wear contacts, consider wearing glasses to decrease touching your face and to offer a barrier.
- Prepare clean clothes and shoes to change into after work. Take them with you if you can change at work.

More prep before going to work
- Remove nonessential items in your car and stock it with disinfecting wipes to make it easy to wipe down after traveling home.
- If taking mass transit, have hand sanitizer available. Touch as little as possible, use hand sanitizer after touching any surfaces.

Before you leave work for the day
- If possible, shower and put on clean clothes and shoes.
- Put dirty clothes and shoes into a bag dedicated for soiled clothing. Consider using a cloth bag you can wash along with your dirty clothes each day.

- Wash hands or use hand sanitizer after removing work clothes and before touching clean clothes.

When you get home
- Do not wear shoes from work into your home. Clean them, top and bottom with disinfecting wipes.
- If not able to change clothes before leaving work, change in an isolated location (i.e., garage, laundry room, mudroom).
- Wash clothes worn at work using your usual laundry detergent. Hot water is recommended.
- Wash or safely discard dirty clothes bag.
- Wash hands after handling dirty clothes and shoes.
- Shower before interacting with your family.

Ensure your household is taking precautions to disinfect regularly
Follow CDC guidelines to clean and disinfect frequently-touched surfaces in your home daily.

This includes:
- Tables
- Doorknobs
- Light switches
- Countertops
- Handles
- Desks
- Phones
- Keyboards
- Toilets
- Faucets
- Sinks

Source: The Centers for Disease Control and Prevention