Transitioning home: Tips for health care workers to keep their families safe

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Transitioning home
Tips for health care workers to keep their families safe

Disinfect your face shield with a disinfecting wipe and place in brown paper bag that has your name and date on it and store in your locker.

If using an N95 mask, place it in a brown paper bag that has your name on it. Surgical masks should be discarded.

Wash hands with soap and water when leaving your unit.

When you get home, remove scrubs and place in laundry then shower.

Disinfect phone daily. Periodically disinfect other commonly touched surfaces at home such as door knobs, refrigerator handle, remote, computer keyboard, etc.

Regularly disinfect your car's steering wheel, door handles and dashboard knobs.

Always avoid touching your eyes, nose and mouth to stop the spread of germs.

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