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

Kelly Sudnick
University of Massachusetts Medical School

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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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