

## ***Suggestions to help minimize risk to you and your loved ones.***

### **Before Work**



Remove watch and jewelry



Wear clean scrubs into work



Change of scrubs in washable bag



Lunch in disposable bag



No Nail polish. Proper hand hygiene

### **During Work**



Sanitize phone, ID badge & glasses



Sanitize work station stethoscope



Hand hygiene before/after each patient & when touching new surfaces



Sanitize lunch room before eating



No hand-shaking or high fives



Wear appropriate PPE as directed

### **After Work**



Scrubs in hospital laundry or washable bag. Wear clean clothing/scrubs home.



Sanitize phone, ID badge, glasses & stethoscope



Work shoes wiped down & left at work



Shower at work or immediately at home



Leave outside shoes in garage or outside front door



Water bottles/Tupperware in dishwasher



Clothing/Scrubs & Bag in Washer



Focus on wellness activities at least 1 hr/day