

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