SAFETY AT WORK

BEFORE WORK

1. Leave watch and rings at home
2. Tie hair back, keep nails short, no nail polish
3. Avoid extra accessories (bags, coats)
4. Activate Apple Pay (no need for cash or credit card)
5. Lunches in a disposable wrapping
6. Put phone in Ziploc bag (to be discarded at end of the day)
7. Bring work clothes in a washable bag (i.e. pillowcase)

AT WORK

1. Change into scrubs or work clothes as soon as you arrive
2. Change into work shoes (ideally plastic wipeable shoes)
3. Use personal protective equipment as appropriate
4. Leave pens, phones, ID badges, etc. outside of patient room
5. Get used to never touching your face

AFTER WORK

1. Place dirty work clothes in bag to bring home (leave scrubs at hospital)
2. Wash hands, then put clean clothes on
3. Sanitize badge, phone, glasses, etc.
4. Wash hands and arms with soap and water
5. Consider showering at the hospital if high exposure or significant time spent with COVID+ patients

AT HOME

1. Try not to touch anything until you do the following:
   - Remove shoes
   - Shower with soap and water
   - Consider limiting interaction with family (i.e. exposure, symptoms, vulnerable population)
   - Clean hard surfaces with disinfectant solution (i.e. 60% alcohol)
   - Practice wellness daily

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Department of Surgery
Department of OTL - HNS