

# Tips for Healthcare Workers



Our healthcare workers are at risk of coming into contact with COVID-19 on a daily basis. It is important that these healthcare professionals not only protect themselves, but also protect their families when they return home.

## Here are some tips to do so:

- Wear your own personal clothing to and from work. Get changed into your work related clothing (scrubs/uniform) at work, and then remove at the end of the day. Leave your workplace in your personal clothing. If this is not possible, then upon returning on, remove work clothes outside of your house.
- Soiled clothes to be placed into a plastic bag when traveling from work to your home. It should be washed separately from other household clothing at more than 40°C.
- Wash your hand thoroughly when leaving work. This involves washing your hands with soap up to your elbow for a minimum of 20 seconds.
- If you use your phone throughout the day, be sure to regularly clean the device. This is especially important when other family members (e.g. children playing games) use it once returning home from work.
- Be sure to regularly wipe down steering wheels and other handles (e.g. handbrake, gear shift) within your family car that you use to get to and from work.
- Access passes, lanyards, keys etc should be kept in your pocket. If it is a requirement to be kept visible i.e. around your neck, then it should be cleaned regularly (same principles apply as the phone).

