

Protecting Your Family

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Stanford infection control experts currently recommend four simple things to decrease your risk of transmission to individuals in your home:

1. Wash your hands before you leave work
 - a. Wash your hands after using the restroom and use the paper towel to open the door. Dispose of the paper towel.
 - b. Wash your hands 20 seconds with soap and water or use gel after you touch common surfaces like door handles in the hospital and everywhere else.
2. Wash your hands when you get home
3. Wear different shoes at home and at work, or wash your hands as soon as you take off your shoes.
4. Disinfect the common touch surfaces in your home and in your car once each day.
 - a. At home, disinfect the common touch places that everyone in the household uses; for instance, the refrigerator door handle, the telephone, TV remote, microwave etc. Basically, any solid surface that is not porous.
 - b. In your car, disinfect the common touch places including the steering wheel and door handles
 - c. Don't disinfect cutting boards or any item that comes into contact with food.