

# FRONTLINE HEALTH CARE WORKERS: HOW TO KEEP COVID-19 OUT OF YOUR HOME

Recommendations from a group of ER physicians and nurses in the Bay Area

## PREP: CREATE AND MARK A HOT-ZONE

near your home entrance

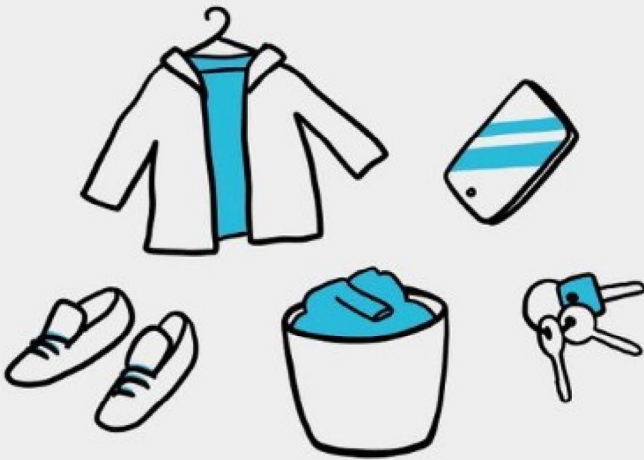


Using tape, mark off hot-zone (contaminated area) outside front door, inside garage, or inside and near the first entry point to your home. Place the following materials inside:

- A basket for clothes and loose items
- Hand sanitizer (at least 60% alcohol)
- Sanitizing wipes (if unavailable, use baby wipes and alcohol)
- Coat rack or hook for outerwear/coat

## STEP 1: DEROBE AND SANITIZE IN HOT-ZONE

upon returning home each day



Stand in hot-zone.

Sanitize hands.

Carefully remove clothes to avoid contaminating surroundings.

Place jacket and bag on hook or rack, and hospital clothes into basket.

Remove shoes, and leave in hot-zone.

Disinfect phone, keys, and other loose items.\*

Disinfect door knob and any other surface touched while entering.

## STEP 2: WASH CLOTHES AND SHOWER

as soon as possible



Place clothes in washing machine or laundry bag designated for contaminated clothes. Wash clothes when appropriate for your context.

Wash hands with soap and water for 20 seconds.

Shower as soon as possible.

Put on clean clothes.

Please tailor these suggestions to your specific space and context.

\*See [support.apple.com/en-us/HT207123](https://support.apple.com/en-us/HT207123) for additional instructions for phones.

This document was produced by a group of San Francisco-based emergency physicians and designers. The recommendations are based on practices employed by this group of medical peers. With questions or feedback please contact Christian Rose ([christianrosemd@gmail.com](mailto:christianrosemd@gmail.com)) or Nadia Roumani ([nadia@dschool.stanford.edu](mailto:nadia@dschool.stanford.edu)). Designed by Anna Maria Irion & Thomas Both.

# Protecting Your Family

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.