



HOW TO PROTECT YOUR FAMILY IF YOU ARE TAKING CARE OF COVID-19 POSITIVE PATIENTS



- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Wear Scrubs:** Go to hospital in travel clothes and shoes, change into scrubs at hospital. Change out of scrubs at hospital prior to leaving.
- **Leave hospital shoes at work.** Change into travel clothes.
- Upon arrival at home, **shower** immediately and place travel clothes into laundry bin
- **Use chlorine-based wipe** for cell phone/ID badge/coffee thermos and water bottle before leaving.

GENERAL CLEANING



- Clean and disinfect areas that may have blood, stool, or body fluids on them
- Flush the toilet with the lid down. COVID-19 virus may also be present in stool
- Routinely clean high-touch surfaces in your house



AVOID SHARING PERSONAL HOUSEHOLD ITEMS

Do not share: Do not share dishes, drinking glasses, cups, eating utensils, towels, or pillows/pillowcases with other people in your home.

Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.



IF YOU THINK YOU WERE EXPOSED TO COVID19

Inform your program director, chiefs, or supervisors and wait for further instruction

Stay away from others: As much as possible, you should stay in a specific “sick room” and away from other people in your home

Limit contact with pets & animals: Although dogs and cats most likely do not get infected with COVID-19, they may carry the virus to other family members


Wear a face mask if you have symptoms



HEALTH CARE WORKERS WELLNESS

- Try to get at least 7 hours sleep
- Try to eat 3 main meals a day; eat plenty of fresh fruits and vegetables
- If possible, bring food from home
- Limit social media and news while resting
- Call a loved one, meditate, pray, use the 24-hour wellness hotline (details on MedHub under “wellness” button)
- Exercise (preferably not at a gym; outdoors exercise or yoga-on-demand preferred)

RESOURCES

1. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>
 2. <https://med.emory.edu/departments/medicine/divisions/infectious-diseases/serious-communicable-diseases-program/resources.html>
 3. <https://www.headspace.com/covid-19>
- 
- A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.