



FRONT LINE WORKER SAFETY GUIDE COVID-19

BEFORE WORK



No jewellery, watches



No nail polish



Wear scrubs if none available in hospital



Bring a change of clothes in washable bag (or pillowcase)



Avoid plastic bags



Avoid extra accessories (bags, coats)



Set up Apple Pay etc so no cash or credit cards



Bring food in disposable wrapping

AT WORK



Sanitize hands, phone, ID, glasses, earbuds, keys, etc



Change into hospital scrubs if available



Change into work shoes or use shoe covers



Store belongings outside of patient care areas



Don appropriate PPE as directed

AFTER WORK



Remove scrubs for hospital wash or store in washable bag for home



Sanitize hands + all belongings



Change into travel clothes + change or wipe down shoes



At home, leave shoes outside + enter home as far away from living space as possible



Remove all clothes + put in washbag (or pillowcase) + launder immediately



Use highest temp possible with adequate rinse cycle



Shower + wash your hair.

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