

# COVID19 Safety Moment

## Returning Home from Healthcare Facilities



Although there are currently no formal guidelines or procedures from the CDC with regards to healthcare workers preventing the spread of COVID-19 from the workplace to households, there are additional precautionary measures we can take to ensure the safety of our friends and family.



1. Utilize available disinfectant product to wipe down high touch surfaces in your vehicle (if applicable), such as the steering wheel, gear shift, door handle, car keys, etc, as well as your hospital badge.
2. Clothing worn at work should be removed immediately when returning home and laundered. If possible, utilize a garage, laundry room, or private area to remove clothing and work shoes. *Do not shake dirty laundry to prevent dispersing virus through the air.* Use a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
3. Wash your hands with soap and water, following Sodexo Hand Hygiene procedures, for at least 20 seconds.
4. Take a shower and change into clean clothes.