

BEFORE WORK



Remove watch, jewellery, keep nails short and remove nail polish



Designate work shoes, and keep out of home



If changing at work, bring clothes in washable/disposable bag



Bring necessary food in washable/disposable bag



Minimize extra accessories (bags/coats)



Try to pay by touchless tap

DURING WORK



Change into scrubs if appropriate and don PPE as directed



Store belongings outside patient care areas



Sanitize ID & phone (place in plastic sandwich bag)



Sanitize work station & stethoscope



Create a clean space when eating



Avoid touching front of mask or moving mask to chin/neck



Hand hygiene before/after each patient & when touching common surfaces



Maintain physical distancing when feasible

AFTER WORK



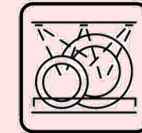
If able, change into clean clothes, place work clothes in hospital laundry or washable/disposable bag



Sanitize phone, ID, glasses, stethoscope keys, lanyards, pager & hands



Place all clothes and washable bag directly into laundry in warm/hot water and dry thoroughly



Place food bag/water bottle directly into dishwasher



Shower & wash hair immediately before interacting with family or pets