

Protecting Healthcare Personnel (HCP) and Our Families: Guidance at Home

HCP providing patient care has no known exposure to COVID-19 patients OR Exposure to COVID-19 patients but appropriate personal protective equipment (PPE) was used:

- Clean your hands often
 - Use soap and water if you can see dirt on your hands, and wash for at least 20 seconds. Otherwise, you can use a hand sanitizer that has 60 to 95% alcohol in it. Rub it over all the surfaces of your hands until dry.
 - Perform on arrival at home.
- Remove work clothes upon arrival to home and launder them
 - Wash laundry thoroughly. Dry at the warmest recommended temperature.

HCP has an exposure to COVID-19 patient without use of appropriate PPE—You will be notified by Occupational Health if you have had exposure based on the Centers for Disease Control and Prevention (CDC):

- Same guidance as above PLUS the following
- Self-isolate from others in the home
 - If possible, use a separate bedroom and bathroom.
 - Avoid having visitors
- Regularly clean surfaces that you touch
 - Clean counters, tabletops, doorknobs, bathroom fixtures, phones, keyboards, and other things that you touch often. Use a disinfecting household spray or wipe and follow the instructions for safe use.
- Avoid sharing dishes, drinking glasses, cups, silverware, towels, or bedding with others. If you use these items, wash them thoroughly with soap and water.
- Consider wearing a facemask if around others in the home.