

COVID-19: Caregiver Tips

Reducing the Risk of Carrying the Virus Home After Work



1 Avoid wearing jewelry to work



2 Keep your nails short



3 Men who pass N95 fit testing should shave every day



4 Wear glasses, not contact lenses



5 Keep your hair tied back



6 Bring a change of clothes to work and change before you leave work



7 Take your shoes off at your door/ no shoes from work in the home



8 If you haven't changed at work, take your clothes off as soon as you get home



9 When you take off your work clothes, put them directly into a paper or plastic bag that is only for your clothes. Clean your hands after you change.



10 Shower as soon as you get home



11 Wash & dry work clothes or clothing worn during COVID illness

- A.** When you are ready to wash the clothes, empty the bag directly into the washing machine without other clothing/laundry
 - B.** Throw the bag out
 - C.** Clean your hands with soap and water or hand sanitizer
 - D.** Wash with detergent as you would normally using hot water
 - E.** Place the clean work clothes into the dryer on high heat making sure they are totally dry and not damp when you take them out of the machine
- Note: If you or someone at home has COVID, wash and dry their clothes the same way

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