


COVID-19 Don't bring it home!

Protocols for entering your home and minimizing the risk of infection

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| 1  | On entry, remove your shoes and place them in a plastic box. |
| 2  | Leave your bag, wallet, cell phone, keys, etc. in a box near the entry. |
| 3  | Change out of your clothes immediately and wash them. Use the hottest possible machine wash and dryer setting. |
| 4  | Take a shower. |
| 5  | Clean items you've brought in and surfaces you've touched. |

Remember to wash your hands regularly. 

Cleaning tips

 **Clean phone cases, keys, ID, lanyard, glasses, etc. with hot soapy water or disinfectant spray.**

It is recommended to change in and out of your uniform/scrubs at work.

Adapted from a publication by the Australian Nursing and Midwifery Federation- Victorian Branch.



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