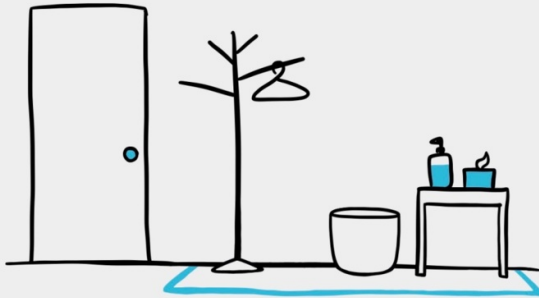


# FRONTLINE HEALTH CARE WORKERS: HOW TO KEEP COVID-19 OUT OF YOUR HOME

Recommendations from a group of ER physicians and nurses in the Bay Area

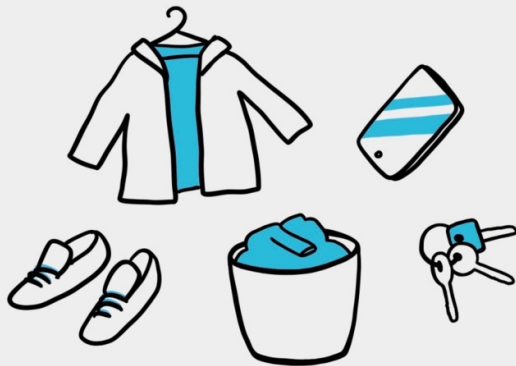
## PREP: **CREATE AND MARK A HOT-ZONE** near your home entrance



Using tape, mark off hot-zone (contaminated area) outside front door, inside garage, or inside and near the first entry point to your home. Place the following materials inside:

- A basket for clothes and loose items
- Hand sanitizer (at least 60% alcohol)
- Sanitizing wipes (if unavailable, use baby wipes and alcohol)
- Coat rack or hook for outerwear/coat

## STEP 1: **DEROBE AND SANITIZE IN HOT-ZONE** upon returning home each day



Stand in hot-zone.

Sanitize hands.

Carefully remove clothes to avoid contaminating surroundings.

Place jacket and bag on hook or rack, and hospital clothes into basket.

Remove shoes, and leave in hot-zone.

Disinfect phone, keys, and other loose items.\*

Disinfect door knob and any other surface touched while entering.

## STEP 2: **WASH CLOTHES AND SHOWER** as soon as possible



Place clothes in washing machine or laundry bag designated for contaminated clothes. Wash clothes when appropriate for your context.

Wash hands with soap and water for 20 seconds.

Shower as soon as possible.

Put on clean clothes.

Please tailor these suggestions to your specific space and context.

\*See [support.apple.com/en-us/HT207123](https://support.apple.com/en-us/HT207123) for additional instructions for phones.

This document was produced by a group of San Francisco-based emergency physicians and designers. The recommendations are based on practices employed by this group of medical peers. With questions or feedback please contact Christian Rose ([christianrosemd@gmail.com](mailto:christianrosemd@gmail.com)) or Nadia Roumani ([nadia@dschool.stanford.edu](mailto:nadia@dschool.stanford.edu)). Designed by Anna Maria Irion & Thomas Both.