



# TIPS FOR NURSES TO HELP LIMIT THE SPREAD OF COVID-19 AT HOME



## HOW COVID-19 SPREADS

COVID-19 is a disease caused by the virus SARS-CoV-2, which spreads through respiratory droplets when a person sneezes or coughs. It can be transmitted by coming into close personal contact with an infected person or by touching a contaminated surface and then touching your eyes, nose or mouth.

## TIPS TO LIMIT THE SPREAD AT HOME

(Don't forget to wash your hands before/after each relevant step.)



- Before going to work, remove anything below the elbows (watch, rings, etc.).
  - ▶ Pack a set of clean clothes to change into after your shift.
  - ▶ While at work, follow appropriate infection prevention and control protocol based on risk assessment.
  - ▶ Avoid touching your face, eyes, nose and mouth.
  - ▶ After work, disinfect your equipment; do not bring it home with you.



- When going home, place used scrubs/uniform in a disposable bag and change into clean clothes and shoes.
  - Leave work shoes at work or change before going into your car or taking transit. If you must take them home, leave them in a designated area where they do not contact anything else.
  - If you must wear your scrubs/uniform home, remove as soon as you get home before going into living spaces (laundry room, garage, entryway, etc.).



- Clean and disinfect personal belongings (phone, keys, etc.) with a disinfectant wipe or paper towel with disinfectant.
  - ▶ Wash scrubs/uniform and clothes worn home immediately or place in a designated bag or hamper.
  - ▶ Shower with soap and water.
  - ▶ Clean and disinfect commonly touched surfaces (door handles, light switches, etc.) near entrance.

### HOME-RELATED TIPS FOR INFECTION PREVENTION AND CONTROL

- ▶ Continue to support and educate your family on frequent hand-washing, respiratory etiquette and physical distancing.
- ▶ Clean and disinfect high-touch surfaces regularly.
- ▶ Avoid contact with high-risk persons (e.g., elderly, immunocompromised) if possible.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/caring-for-patients.html>  
[@WRAPemtweet \(www.wrapem.org\)](https://www.wrapem.org/@WRAPemtweet)  
<https://blockclubchicago.org/2020/03/27/have-an-essential-job-and-an-at-risk-person-living-at-home-heres-how-nurses-disinfect-to-protect-their-families/>  
<https://www.consumerreports.org/laundry/prevent-spread-of-covid-19-while-doing-laundry/>  
<https://globalnews.ca/news/6723870/coronavirus-clothes-surfaces/>  
<https://www.theloop.ca/can-your-work-clothes-contaminate-your-house-with-covid-19/>  
<https://www.ctvnews.ca/health/coronavirus/should-i-be-worried-about-covid-19-and-clothing-experts-say-it-depends-on-your-job-1.4865831>  
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/routine-practices-precautions-healthcare-associated-infections.html>