

Health workers and coronavirus

What to do after work

When leaving work

Disinfect phone/bag, stethoscope and pen regularly and again before leaving. Leave pen at work.



If possible, remove work clothes and place in plastic or washable fabric bag to take home.

Ensure used masks, gowns and aprons are discarded in designated waste bins.



Perform thorough hand and arm wash.

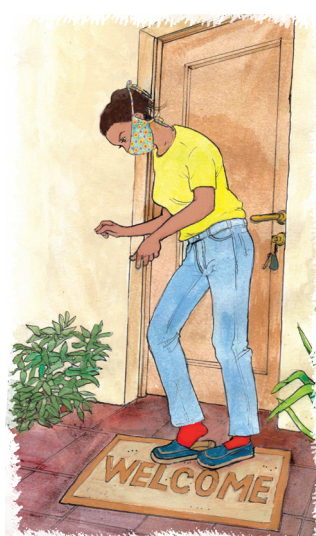


Keep hand sanitiser in bag or car, and use to clean hands after touching public surfaces.

When arriving home

Step 1

- Remove shoes.
- Leave shoes outside, or just inside door, before entering home.



Step 2

- Remove cloth mask. Only touch straps to remove it.
- Remove work clothes if not already changed.
- Put mask and work clothes straight into hot wash or bucket with hot water and soap, along with fabric bags used for lunch and clothes.



Step 3

- Thoroughly wash hands and arms.



Step 4

- Immediately have shower/bath/wash.
- Avoid hugs, kisses and direct contact with family until after shower/bath/wash.



Step 5

- Dry cloth mask and work clothes in sun or tumble dryer.
- Iron to disinfect.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

NICD 24-hour hotline number: 0800 11 1131 or 066 562 4021

www.sacoronavirus.co.za

Source: NDoH. COVID-19 Disease: Infection Prevention and Control Guidelines. 2020
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