

COVID-19 Shift Decon Routine

Before Work

Bring clean scrubs and jacket to work in bag
Remove watch and rings (wear silicone ring)

After work

Wash arms with soap
Place dirty scrubs in bag
Change into clean scrubs (jacket if needed)

Wash hands

Sanitize badge and phone on way out

Sanitize hands

Arrive home

Shoes/work bag/silicone ring in garage

Water bottle/lunch container in dishwasher

Bag, both sets of scrubs in washing machine (hot H2O and detergent)

Shower with soap and water

Hug your family