

Tips for Physicians to Protect Themselves and Their Families During the COVID-19 Pandemic

Going to work:

- Wear clothes made of machine washable fabric to work, or clean scrubs if you have them.
- Wear regular shoes to get to work.
- Keep hair away from face (e.g. ponytail or bun); for men, consider avoiding facial hair.
- Skin Care - see dermatology recommendations (below)
- Remove nail polish, trim nails
- Have >60% alcohol hand sanitizer and alcohol-based or other germicidal disinfecting wipes accessible in your car.
- Refrain from wearing watches or jewelry.
- Bring a clean washable laundry bag for used scrubs, if you can't leave them to be laundered at work.
- Have a plastic box in your trunk to store your work shoes, if you can't leave them at work.
- Use a disposable bag for your lunch from home.

Before Work



Remove watch and jewelry



Wear clothes made of machine washable fabric to work, or scrubs if you have them



Change of scrubs in washable bag



Lunch in disposable bag



No nail polish. Proper hand hygiene.

At work:

- Change into clean scrubs (if available) and work shoes
- If unable to leave your work shoes at work, change into work shoes in the parking garage, leave clean shoes in your car.
- Wear appropriate PPE, as designated based on your clinical responsibilities.
- Sanitize your workstation, table, computer keyboard, mouse, desk phone, headset, all desk and door handles, chair handles with disinfecting wipes before and after use.
- Perform hand hygiene (defined below) before and after each patient and after touching new surfaces
- Avoid touching your face and eyes.
- No handshakes, keep 6 feet distance in any conversations, unless involved in direct patient care
- Sanitize your glasses: perform hand hygiene prior to removing your glasses, wipe the glasses with disinfecting wipes let them dry completely, replace the glasses, perform hand hygiene again.
- Sanitize your phone after placing it on any new surface and perform hand hygiene.
- Sanitize your lunch area and perform hand hygiene before eating.

At Work



Sanitize phone, ID, badge, pens & glasses



Sanitize work station stethoscope



Keep hair away from face



Sanitize lunch room before eating



Hand hygiene before/after each patient & when touching new surfaces



No hand-shaking or high fives



Wear appropriate PPE as directed

After Work / Coming Home:

- Change out of scrubs into your clean washable clothes at the end of the shift.
- Place scrubs into hospital laundry basket or washable laundry bag brought from home. Perform hand hygiene prior to touching clean clothes or laundry bag.
- Sanitize your badge, phone, pen, glasses, stethoscope with 60% alcohol or germicidal wipes.
- Use “sterile technique” concept when removing and sanitizing your personal items above, such as clean the surface area first, then sanitize and place the cleaned items onto the “clean area”.
- **Expert Tip:** Imagine the items you are trying to clean have glitter all over them and your objective is to remove all the glitter and not to have any glitter on the “clean side”.
- Leave work shoes at work if possible.
- Consider designating a garage entrance into your house as a “dirty entry”, where you enter after work.
- Keep the front door as a “clean” entry/exit to be used by you to go TO work and at all other times you and your family members come or leave the house.
- If work shoes come home, leave them in the car in a special plastic bin, or keep them outside the home in a marked “dirty area or hot-zone”. Same goes for your outer coat.
- Shower at work or as soon as you get home.
- When returning home from work, enter through the garage.
Remove your clothes in the garage or an adjacent mudroom prior to entering the house.
- Place clothes into the washable laundry bag or directly into a washing machine.
- Perform hand hygiene and go straight into the shower.
- Water bottles and Tupperware need to be washed in dishwasher.
- For the earliest signs of a throat tickle or nose sniffle, wear a mask at home, maintain a 6 feet radius from family, separate your kitchen utensils, hand towels and sleep in the separate bedroom.
- Get plenty of hydration and sleep.
- Engage in exercise and/or wellness activities for at least 1 hour each day.

After Work



Scrubs in hospital laundry or washable bag. Wear clean clothing/scrubs home.



Sanitize phone, ID badge, glasses & stethoscope



Work shoes wiped down & left at work or in special container in car



Shower at work or immediately at home



Leave outside shoes in garage or outside front door



Water bottles/tupperware in dishwasher



Clothing/scrubs & bag in washer

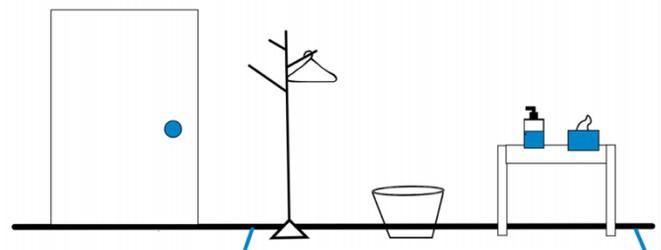


Focus on wellness activities at least 1hr/day

Create & Mark a "HOT ZONE" near your home entrance

Using tape, mark off a 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
- Coat rack or hook for outerwear/coat



Hand hygiene is to clean hands with soap and water for >20 seconds or using an alcohol-based hand sanitizer. Proper handwashing follows guidelines set by the World Health Organization.

<https://www.youtube.com/watch?v=3PmVJQUcm4E>

Frequent hand washing and alcohol-based gelling as well as prolonged use of PPE may have irritating effects on the skin. With that, we offer these words of wisdom from our dermatology colleagues:

Why is this important:

- Prevalence of skin damage related to enhanced prevention measures and use of PPE was found to be about 97.0% among frontline HCWs in Wuhan and included:
 - Cracking and drying of hands from frequent hand washing
 - Erosions on nasal bridge (83.1%), forehead, cheek due to rubbing of PPE/goggles
 - Providers wearing PPE for more than 6 hrs. in a shift had a higher risk of skin breakdown
- The irritation/injuries can increase facial touching to adjust PPE or relieve pressure thus potentially increasing the risk of transmission of viral diseases in HCWs.
- Reducing this adverse effect has the potential to preserve our workforce and minimize the risk of infection among our frontline physicians and staff.

Specific Recommendation:

- Wash hands with soap and lukewarm water and make sure you rinse off the soap completely. If washing hands frequently, avoid wearing rings as they can trap irritating soaps and cause a dermatitis.
- Use a thick emollient (Neutrogena hand cream, Cetaphil cream, Cerave cream) after washing hands as much as possible. Use lotions only if creams or ointments are not available.
- Use Vaseline petroleum jelly or Aquaphor ointment (available OTC) under cotton glove occlusion at night to help restore the barrier function of the hands and prepare them for another day of hand washing.
- Avoid fragranced products to reduce the risk of contact dermatitis.

Take Care of Yourself and your Family:

Your top priority is to stabilize and control your immediate home environment.