

Keeping COVID safe when transitioning from work to home.

When delivering face-to-face services in a suspected/confirmed COVID environment or if there is known community transmission, as well as following standard prevention measures and response procedures, the below precautions should be taken:

Before work:

- Wear personal clothes to work, but bring work clothes in a washable or plastic bag, along with shoes that can be easily cleaned and left at work, in your car or in a dedicated container at home
- Bring lunch in a disposable bag
- If using public transport, take precautions e.g. wear mask, use hand sanitiser.

During work:

- **Ensure good ventilation** – use outdoor settings where possible and improve indoor ventilation e.g. open windows/doors, don't direct fans onto people's faces
- **Use safe laundry practices** – transport contaminated linen in a washable or plastic bag, wash by itself in the highest temperature the fabric can tolerate then tumble dry or iron.
- Practice physical distancing where possible and follow procedures
- Maintain cleaning & disinfecting regime – personal items and shared surfaces.

When your shift finishes:

- If possible, change out of your work clothes at work and into fresh clothes before returning home
- Work clothes can be laundered at work or transported home in a dedicated bag for immediate laundering. PPE worn over clothes significantly lowers the risk of contamination, however clothes should be handled with care.

When you arrive home:

- Wash clothes using **safe laundry practices**
- If a plastic bag is used to transport clothes, dispose of it in an outside bin.
- Wipe down your phone with antiseptic wipes
- Maintain good cleaning / disinfecting and hygiene practices at home
- Showering straight away is not mandatory, but can be done as a precaution.

Information sources: <https://rcni.com/nursing-standard/newsroom/analysis/covid-19-steps-to-take-when-your-shift-ends-to-stay-safe-home-159686>;
<https://intermountainhealthcare.org/blogs/topics/covid-19/2020/04/covid-19-how-to-stay-safe-when-you-come-home-from-work/>
<https://www.nsw.gov.au/covid-19/covid-safe/covid-19-guidance-on-ventilation>