

## Tips for Protecting Your Family During COVID-19

### Limit Exposure While at Work

- Avoid touching any hard surface when possible, such as elevator buttons, door knobs, etc.
- Consider taking the stairs instead of elevators for social distancing (hand sanitize or wash hands if you touch doorknobs to enter stairs).
- Consider walking or biking rather than public transportation if at all possible.
- Wipe stethoscope after every use with an alcohol wipe.
- Wipe pagers frequently (especially, during handoffs) with an alcohol wipe.
- Auscultation is a diagnostic procedure and use it if it will change management, but some patients may not benefit from contact with the stethoscope daily (for everyone's safety). If performing auscultation, ask the patient to turn their head and position yourself on the opposite side or ask the patient to wear a mask during this part of the examination to limit any exposure to droplets from coughing.

### Limit Exposure Brought Home

- Wipe down your cell phone and badge prior to leaving the hospital (you could even consider keeping your phone in a Ziploc bag while at work). Consider taking the plastic case off of your phone as the virus survives longer on plastic surfaces.
- Once home, place clothing directly in washing machine or dryer.

### Limit General Exposure From Community Spread

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash hands after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- For meal take out, wipe down packages and discard take out meal packaging. Perform hand hygiene after contact with surfaces.
- For other home deliveries, since the virus can survive on cardboard up to 24 hours, consider minimizing contact with delivered packages for a day (leave deliveries outside, or bring it in, and leave them by the door for a day or two before opening them). Perform hand hygiene.
- Avoid acrylic or fake nails and keep nails cut short.
- Keep long hair tied back.

### Steps to Prevent Children from Getting Sick (cdc.gov)

- You can encourage your child to help stop the spread of COVID-19 by teaching healthy habits.
- Clean hands often using soap and water or alcohol-based hand sanitizer.
- Avoid people who are sick (coughing, sneezing).
- Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks).
- Launder items including washable plush toys as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.
- If your child gets COVID, consider keeping them away from high risk groups (elderly and immunocompromised) for up to a month.
- You can find additional information on preventing COVID-19 at [Prevention for 2019 Novel Coronavirus](#) and at [Preventing COVID-19 Spread in Communities](#). Additional information on how COVID-19 is spread is available at [How COVID-19 Spreads](#).

### Clean and Disinfect at Home (cdc.org)

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
- To disinfect, most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

- Options include:
  - Diluting your household bleach. To make a bleach solution, mix:
    - 5 tablespoons (1/3rd cup) bleach per gallon of water
    - OR 4 teaspoons bleach per quart of water
  - Alcohol solutions with at least 70% alcohol
  - Other common EPA-approved household disinfectantsFollow the manufacturer's instructions for all cleaning and disinfection products (e.g. concentration, application method, proper ventilation, and never mix household bleach with ammonia or any other cleanser)

### **Maintain Healthy Routines and Exercise Practices**

Fitness may be an important part of our daily routines and it is important we maintain these while creating a new normal. Many fitness sites have free home-based work out options and there are many free exercise apps including Map My Fitness, 7 Minute Workout, Freeletics, and Nike Training Club. Being outside for walking or jogging allows sufficient social distancing and has the added benefit of sunshine. Some of the most effective exercise options don't require equipment, including pushups, burpees, lunges, squats, and jumping jacks. When choosing exercise, avoid group exercise with close contact and if using equipment such as a tennis racket, remember to use an alcohol wipe on all equipment, knobs, and handles before and after use.