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## PROVIDER 'AT HOME' PREPAREDNESS TIPS

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### MINIMIZE SPREAD FROM WORK TO HOME

- Consider having an additional phone case solely for work that does not leave the hospital. While evidence suggest droplets are perhaps the largest source of contracting virus, it may live longer on plastic surfaces. You can also consider putting phone in biohazard/Ziploc during work shift (most touch screens work through the bag). Remember to disinfect phone/case when you leave work
- Disinfect your badge when you leave the hospital- do not take badge into your house
- Strongly consider changing out of work attire at work, bringing a change of clean clothes to wear home. Shower immediately when you get home. All clothing should be washed daily after use. Launder separately from other personal laundry in hot water with your normal laundry detergent. Dry on high heat.
- Avoid wearing work shoes into your house. If you share a car with family members, avoid wearing shoes in shared car
- Consider leaving work glasses at work. If this is not an option, disinfect glasses immediately upon arrival home
- As of Early April 2020, UCH recommends the following for work attire:
  - Recommend business casual; solid colored light fabric scrubs from home are also a possibility
    - Please do not use hospital scrubs at this time as this supply is critical for surgical and procedural departments
  - Recommend against the use of ties
  - Recommend against the use of white coats (wash daily if using)

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### CLEAN AND DISINFECT YOUR HOME

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sink etc.
- To disinfect surfaces, 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
  - For a full list of EPA disinfectants for use against SARA-CoV-2 visit <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

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### ISOLATING AT HOME

In learning lessons from our peers and those who are weeks ahead of us in this process, it may help to set up a pre-designated area in your home where you will be able to isolate away from your family should you become COVID positive. Below are some tips to consider:

- Identify a room in your house that will be used for isolation:
  - A basement room, garage or carriage house are normally ideal, if available. If possible have a dedicated bathroom/powder room. Good ventilation is also critical.
  - A tent outside in your private backyard is also an option. This will require an extension cord for power, as well as extra materials for sanitation
  - Have on hand materials to physically isolate or minimize air flow (plastic sheeting, duct tape). These materials are available at Home Depot or Lowes (they deliver!)
- If isolation at home is not an option, consider alternative housing options within the community:
  - VRBO, AirBNB, [www.housingcovidheroes.org](http://www.housingcovidheroes.org), Hotels, RV
- Prepare a box of household/toiletry and personal items to minimize traffic and 'touches' throughout the house
  - Most items will fit in a cardboard box that should be pre-packed and ready to use
  - We have provided some suggestions below at the end of this document:

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## ADVANCE DIRECTIVES

As providers, consider updating your advanced directives and MDPOA forms.

- MDPOA form (in this email as an attachment)
- If you are a patient at UCH, you can update MDPOA through your My Health Connection.
- A guide to directives (in this email as an attachment)
- Where can I get a notary should I need it during this time?
  - **Remote Notarization is now allowed on Colorado:** Under a Colorado Executive order (effective 3/27) the physical presence requirement for notarizations in Colorado has been suspended and the Secretary of State has been authorized to issue temporary emergency rules for remote online notarization through at least April 27, 2020.
  - UPS stores provide notary service for the public and still remain open at this time
- If you have any questions, <https://respectingchoices.org/> or <https://prepareforyourcare.org/welcome> offers great information on this topic

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## ITEMS TO CONSIDER AS PART OF YOUR 'ISOLATION PREPAREDNESS BOX'

### BEDDING

- Cot/Mattress
- Sheets, pillowcases, blankets
- Pillow

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### TOILETRIES

- Toilet Roll
- Facial tissues
- Wet wipes
- Hand sanitizer
- Face wipes
- Makeup
- Deodorant
- Shampoo & Conditioner
- Moisturizer
- Toothbrush
- Towel
- Hairbrush
- Toothpaste
- Hair dryer/Hair straightener
- Contacts/Glasses
- Tampons/pads

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### CLOTHING & LAUNDRY

- Work clothes
- Home shoes/slippers
- Pajamas/sleeping clothes
- Trash bags
- Laundry basket

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### MEDICINE

- Acetaminophen/ Ibuprofen
- Thermometer
- Cough suppressants, cough drops

- Individual prescriptions

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#### CONNECTIVITY

- Laptop + Charger, with internet connectivity
- Phone + Charger
- Headphones

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#### FOOD

If in isolation, you will need to avoid common areas such as the kitchen so recommend preparing a box of food and food supplies in advance

- Clean water, Coffee (instant), Powder milk, Sugar, Cereal, granola bars/protein bars, canned foods, some fresh fruit, bread, butter, jam, peanut butter, and/or other camping food.

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#### UTENSILS/OTHER

If in isolation, you will need to avoid common areas such as the kitchen so recommend preparing a box of food and food supplies in advance

- Paper plates, bowls, napkins
- Plastic utensils
- Water bottle
- Trash bags (a lot!)
- Can opener
- Batteries
- Paper towel, tissue box

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#### REFERENCES

##### **Audio Interview: Practical Measures to Help Prevent Covid-19: NEJM**

Eric Rubin, M.D., Ph.D., Lindsey R. Baden, M.D. and Stephen Morrissey, Ph.D.

<https://www.nejm.org/doi/full/10.1056/NEJMe2006742>

**Checklist To Get Ready.** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/checklist-household-ready.html>

**Get Your Household Ready For Coronavirus Disease 2019.** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/get-your-household-ready-for-COVID-19.html>

##### **Tips for Protecting your family during COVID-19**

<https://thesource.uchealth.org/NewsDocumentLibrary/COVID/Best-Practices-to-Protect-Family.pdf>

