



Transitioning from Work to Home

How to protect yourself and your family

Intermountain Healthcare is committed to protecting caregivers and their families. These simple steps will help you as you transition between work and home.

BEFORE WORK

- Remove watch and jewelry.
- Wear personal clothing to work, but bring work clothes in a washable bag, along with a pair of shoes that can be easily cleaned and left at work or in your car.
- Bring lunch in a disposable bag.
- Practice proper hand hygiene.

DURING WORK

- Disinfect phone, ID Badge, eyewear and any work supplies (like your stethoscope) regularly.
- Perform hand hygiene before and after each patient and when touching new surfaces; Avoid handshakes or high-fives.
- Disinfect lunch space before and after eating.
- Practice physical distancing.
- Wear appropriate Personal Protective Equipment (PPE) as directed.

AFTER WORK

- Take a minute to reflect on three things that went well today; be proud of the care you gave.
- Disinfect phone, ID badge, eyewear and any work supplies; leave what you can at work.
- Handle regularly contaminated items (shoes, work bag, work clothes) with care.
- Place scrubs and white coats in your "dirty clothes" bag in the trunk of your car or directly into the washing machine when you get home.
- Wash scrubs and white coats with detergent.
- Leave work shoes outside the home or in your "dirty clothes" bag.
- Keep street clothes and shoes in a "clean and washable" bag, separate from work clothes.
- Shower at work or immediately after arriving home.

For more information, view the COVID-19 PPE toolkit located on [Intermountain.net](https://www.intermountain.net)

