

Protecting the Family from COVID-19 Checklist

Modified from Emily Pearce, BS, EMT-P, FAWM, DiMM

A printed checklist can help you to follow safe decontamination procedures after a long shift when you are fatigued and likely to miss steps. Print one out for your home and one for your vehicle. Follow these steps to protect your home and your family from COVID-19 after a shift.

1. At the end of your shift, wash your hands before you leave for home.
2. Keep your work fabric or surgical facemask at work. Avoid touching the front of the mask and clean your hands after doffing.
3. Stage storage bins or bags in the back of your vehicle to store your personal bag until you are able to complete a full decontamination at home.
4. Once you arrive home, remove your shoes at the entrance to your residence and place them in a plastic bin.
5. While still in the entryway, remove all items in your pockets. Place these, along with your cell phone, car keys and any other items you took to work in another storage bin. You will wipe all of this down later.
6. Immediately upon entering your home, walk to the bathroom and shower. Have a clean change of clothes ready in the bathroom. **Do not physically greet family or pets.** Have a bin or plastic bag in the bathroom in which to place your dirty clothes.
7. After showering and changing into clean clothes, take your dirty clothes to the washing machine immediately. Try not to touch these clothes as you place them in the washing machine.
8. Return to the entryway. Spray a diluted bleach solution or use an approved cleaning solution on your shoes, remembering not to touch them.
9. Do the same with all the items you removed from your pockets, as well as your cell phone and car keys. Any electronic equipment should be cleaned as directed by the manufacturer.
10. Retrace your steps to your car. Wipe down any surfaces you may have touched, including door handles, car door, steering wheel, storage bin and any gate handles you touched between house and car.
11. Clean the remainder of your work items. Wash bags and reusable food containers.
12. At the end of your decontamination process, wash your hands one final time.