

Here is what I've been doing (no evidence behind any of this except that this is the "system" that has been working for me and based off what others in ICU/ ER are doing)

At Work

1. Scrubs only
 - No under shirts
 - Try to minimize work jackets
 - Sometimes shoe covers
2. N95 for ALL patient encounters
 - ONE per shift
 - We are saving these in brown paper bags to reuse
 - Surgical mask over N95 in case of soiling
3. Eye protection
 - Eye shield
 - Helmet
 - Welding glasses/goggles
 - Welding style face shield **plus** goggles under for intubation or other high-risk procedures
4. Phone in plastic sandwich bag
5. Minimize objects close to patient
 - Not taking pen/paper into many rooms
 - Minimize phone contact
 - Try not to use own stethoscope
6. Disinfect all workspace *prior to shift*, including:
 - Computer keyboard | Mouse
 - Desk top
 - Phones etc.
7. Important:
 - Do not eat with hands
 - Do not touch face with hands while at work
 - Also: I have been using throw away water bottles during shift and do not take home.

At work after shift:

1. Return dirty scrubs
2. Change into clothes or clean scrubs
3. Disinfect (with alcohol, bleach or "grey top" wipes):
 - Phone
 - Badge
 - Face shield
 - Eye wear
4. Place personal PPE in plastic bag without other objects
5. Disinfect:
 - Personal stethoscope and holder
 - Place in bag without other objects.

Car:

1. "Home" shoes kept in trunk

2. Change out of "work" shoes and place in trunk.
3. Place personal PPE in trunk until next shift.

Home:

1. Take off work purse, place in closet away from other clothes, etc.
2. Disinfect phone again
3. Wash hands immediately
4. Shower immediately.

This is my system. I know some versions include leaving work clothes in garage but as an apartment dweller I am either leaving everything at home or leaving in trunk of car.

Hope that's helpful! Please let me know if questions. Main goal is to minimize surfaces for which to transmit fomites. The biggest key principle is no hand to face connection ever but since our phones etc are basically extension of our hands I have expanded it to above procedures.

Thanks, Hannah