COVID-19

Personal Hygiene and Laundry for Healthcare Workers

1. Perform hand hygiene including forearms prior to leaving work.
2. Remove scrub jacket or coat before leaving work. Coat and scrub jacket should be washed weekly and whenever soiling is noted or expected.
3. If you anticipate that your shoes and/or other personal items may have become contaminated with body fluids, then disinfect the items before leaving work.
4. Scrubs and personal work clothing should be washed daily.
5. Launder soiled scrubs, coat, jackets, and other clothing in accordance with the manufacturer’s instructions in a domestic washer at the warmest appropriate water setting using commercially available detergent.
6. Perform hand hygiene after handling soiled laundry and other personal items.
7. Clothes should be dried completely using domestic dryer at the warmest appropriate temperature.
8. Shower as soon as feasible.
9. If you must share a communal laundry room or visit the laundromat, then:
   a. Sort your laundry before you go (and wash your hands)
   b. Bring sanitizing wipes and hand sanitizer
   c. Maintain social distancing
   d. Disinfect the machine’s handles and buttons before you touch them
   e. Wash your hands after handling your soiled laundry
   f. Use clean containers for transporting your clean laundry
   g. Fold your laundry at home
10. If you work in a high acuity area such as an ICU, Emergency Services, etc., where aerosol-generating procedures are performed on COVID-19 positive or suspect patients, you may want to consider options for:
    a. Changing clothes before leaving work
    b. Removing your shoes prior to entering your home and cleaning them.