



## TIPS FOR NURSES TO HELP LIMIT THE SPREAD OF COVID-19 AT HOME



At work, regulated nurses are essential members of the health-care team; at home, they are community and family members. Nurses can experience increased stress related to their risk of exposure to COVID-19 and the potential of spreading it to their family. [National infection prevention and control guidelines](#) are available for protecting health-care workers in various health-care settings. However, limited guidance exists for nurses on how to minimize risk in preparing and returning from work with personal items such as scrubs, phones, equipment, etc. CNA has collected some practical information and tips that you can use and adapt to help you limit the spread at home.

### HOW COVID-19 SPREADS

COVID-19 is a disease caused by the virus SARS-CoV-2, which spreads through respiratory droplets when a person sneezes or coughs. It can be transmitted by coming into close personal contact with an infected person or by touching a contaminated surface and then touching your eyes, nose or mouth.

### TIPS TO LIMIT THE SPREAD AT HOME

(Don't forget to wash your hands before/after each relevant step.)



- Before going to work, remove anything below the elbows (watch, rings, etc.).
  - ▶ Pack a set of clean clothes to change into after your shift.
  - ▶ While at work, follow appropriate infection prevention and control protocol based on risk assessment.
  - ▶ Avoid touching your face, eyes, nose and mouth.
  - ▶ After work, disinfect your equipment; do not bring it home with you.



- When going home, place used scrubs/uniform in a disposable bag and change into clean clothes and shoes.
  - Leave work shoes at work or change before going into your car or taking transit. If you must take them home, leave them in a designated area where they do not contact anything else.
  - If you must wear your scrubs/uniform home, remove as soon as you get home before going into living spaces (laundry room, garage, entryway, etc.).



- Clean and disinfect personal belongings (phone, keys, etc.) with a disinfectant wipe or paper towel with disinfectant.
  - ▶ Wash scrubs/uniform and clothes worn home immediately or place in a designated bag or hamper.
  - ▶ Shower with soap and water.
  - ▶ Clean and disinfect commonly touched surfaces (door handles, light switches, etc.) near entrance.

#### HOME-RELATED TIPS FOR INFECTION PREVENTION AND CONTROL

- ▶ Continue to support and educate your family on frequent hand-washing, respiratory etiquette and physical distancing.
- ▶ Clean and disinfect high-touch surfaces regularly.
- ▶ Avoid contact with high-risk persons (e.g., elderly, immunocompromised) if possible.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/caring-for-patients.html>  
[@WRAPemtweet \(www.wrapem.org\)](https://www.wrapem.org/@WRAPemtweet)  
<https://blockclubchicago.org/2020/03/27/have-an-essential-job-and-an-at-risk-person-living-at-home-heres-how-nurses-disinfect-to-protect-their-families/>  
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<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/routine-practices-precautions-healthcare-associated-infections.html>