

16.04.2020

How to keep your home bubble safe



Guidance on keeping you and your whānau and family safe when you have finished work during the COVID-19 pandemic.

INFORMATION FOR:

Health professionals, carers – all health care settings (including community), essential non-health care worker and the general public



Take only what you need for work. Time to minimise – essential items only. Cell phone (remove from case), cash card and drivers licence. We recommend you use a plastic lunchbox or something you can clean easily and re-use.

If you have a locker or office at work, use it to store what you don't need when you need to go to other areas, otherwise just have whatever you can put in your pocket.



If your car is your mobile workplace, keep it clean and minimise what you have lying around. If you are a worker who provides community care, keep the vehicle clean (especially important if it is a pool car). Only take what you need into someone's home and wipe and clean anything you need to put back into your car.

If you're going food shopping or to the pharmacy, only take what you need into the store – phone and cash card – and observe your supermarket etiquette.



While at work: remember to keep physical distance when possible

Health care setting

At work



Ensure you have followed hand hygiene, personal protective equipment (PPE) guidance and standard precautions throughout your shift.

Adhere to any uniform policy your organisation has in place with regard to hair (tied up) and minimal jewellery.



If you are wearing general scrubs as part of your uniform and your organisation has a laundry protocol, continue to follow this process.

If you wear a personal uniform:



- wear civvies to work and change into your uniform at your place of work
 - end of shift: clean phone with disinfectant wipe, wash hands/arms, remove uniform, fold up used uniform and put into separate bag, clean hands/arms and change back into civvies



- if unable to change into your uniform at your place of work, don fresh uniform for start of shift and follow hand hygiene and PPE donning and doffing as required during working hours
 - end of shift: clean phone with disinfectant wipe and clean hands/arms.



Arrival home

- Remove your shoes outside before entering the house.
- Change out of your uniform and fold up carefully. Wash your hands. Follow your normal routine, ie, shower, change into civvies. Wait to hug family/whānau until this step is complete.



- Wash your uniform according to normal laundry instructions and dry as per normal. Remember to wash your hands after touching an unwashed uniform.
- Wash lunchbox and/or drink bottles.



Essential non-health care worker

Follow steps as above if you wear protective clothing for work, ie, overalls etc over your normal work clothes.



Everybody else

(ie, out for essential journeys like supermarket or collecting medication)

- Only touch what you intend to purchase.
- Wash and dry your hands thoroughly on returning home.



No other special conditions.