# Coming to and from work during an high consequence respiratory infection outbreak

***Executive summary***

**Introduction**

There are simple measures that staff can take to protect themselves and their family members during an outbreak of respiratory infection of high-consequence. This guideline outlines these in a format that can be followed by staff.

During work, shoes will be provided both inside the hot zone and in the clean areas.

**Target User**

* Doctors
* Nurses

**Target area of use**

* Ward

## Key areas of focus / New additions / Changes

As above.

**Limitations**

None

## Preparing to work

Leave jewelry and anything unnecessary at home.

On arrival at work, change into clean scrubs. Leave home clothes in a sealed bag in the locker room.

Put on “clean area” work shoes and leave home shoes in a sealed bag in the locker room.

## During work

Wear PPE as recommended when working in the hot zone. (“Dirty” shoes will be provided for the hot zone – the “clean area” shoes will not enter this area).

Clean gloves with alcohol between seeing patients in the hot zone.

Use alcohol to clean glasses if you touch them.

Remove PPE in doffing area according to SOPs.

Follow relevant SOPs for any item that you remove from the hot zone.

Clean glasses with alcohol after removing your PPE.

Eat lunch away from the hot zone. Wash containers and water bottles in hot soapy water and seal in a bag.

## Leaving work

Remove scrubs and place in hospital laundry.

Leave “clean area” work shoes in the bowl to be cleaned.

Wash your hands.

Shower now if you wish. Dress in home clothes and home shoes.

Clean any items you must take home with alcohol.

On arrival home, leave home shoes outside house where they will not be used by others.

Immediately, shower if you didn’t do it at work.

Place clothes in hot soapy water.

Wash water bottle, food containers etc in hot soapy water.

Do something nice with your family!

Relax!

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| **Reviewed by:** | Name: Helen Brotherton | Date: 24 April 2020 |
|  | Name: Sarah Sarpong | Date: 27 April 2020 |
| **Version:** | **Change history:** | **Review due date:** |
| 1.0 | New document | 27 April 2022 |
| Review Comments (*if applicable)* |  |  |