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Healthy at Home



KEEPING YOU AND YOUR FAMILY SAFE, HEALTHY, AND PRODUCTIVE DURING COVID-19

In this guide, discover tips and tricks for everything from getting a good nights sleep, staying productive while working from home, to maintaining a healthy immune system, managing you child's schooling, and how to keep your family safe if you are working directly with COVID-19 patients.

How to Keep a Suit Mentality While Working in PJs



AS THE CURRENT TIMES ARE MAKING REMOTE WORK A NECESSITY, TRY THESE TIPS TO ENHANCE YOUR PRODUCTIVITY.

Once upon a time, working from home was predominantly an option only for small-business owners and those in the creative industry. Today, as many as 30 million Americans work from home at least once per week. And that number is on the rise. A recent study by the [Telework Research Network](#) predicts it will increase by 63 percent over the next five years.

In 2012 [Nicholas Bloom](#) of Stanford University conducted a study over a nine-month period to measure the productivity of employees who worked from home compared to those who

worked at the office. The employees worked at Ctrip, a billion-dollar Chinese travel company based in Shanghai. He found the employees who worked from home averaged 13.5 percent *more* calls per week than those who worked in the office. “This translated into roughly a whole extra workday every week, and all because of a simple change in scenery,” said William Craig, president of WebpageFX and contributor to Forbes. He adds, “Maybe it goes without saying, but the company’s at-home employees also boasted a higher rate of job satisfaction.” The study also estimated that Ctrip saved \$1,900 per employee (on space and furniture) over the nine-month period, according to *Harvard Business Review*.

TIPS TO MAKE WORKING FROM HOME WORK FOR YOU

While working from home may be ideal for some – freedom of fashion (think fuzzy slippers instead of shoes), a comfortable environment and no long commutes or traffic jams – it can be easy to get off-track if you aren't dedicated and focused. Whether you work from home once a month or every day, these guidelines can help make it work for you.



1. Set restrictions.

Just because you work from home doesn't mean you can't work as if you were in a corporate setting. Slotting certain hours of the day, such as 8 a.m. to 4 p.m., where you are unavailable to family and friends, can be helpful so they don't show up on your doorstep midday or inundate you with phone calls or messages.

Take a break for lunch, but hold yourself accountable to your time commitment to maximize productivity, as if you were in the office.



2. Designate specific spaces for work.

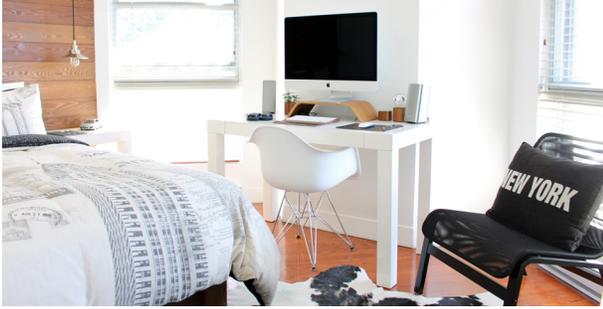
Maybe you do your best work standing up at your kitchen counter or at the desk in your living room. Or perhaps you need to get out of the house altogether and prefer a local café instead. No matter where you choose to work, make it a designated environment where you feel most dynamic and focused on the task at hand – not addressing items on your personal to-do list.

During work hours, your home is your office, so treat it as such. Consider selecting a specific spot – like your guest bedroom – and turning it into your home office. Keeping your “office” space separate from your home life as much as possible should help to improve your concentration.



3. Prepare in advance.

Because you don't work in an office setting, it can be more difficult to stay on task. Find an organizational and scheduling system that is easy for you. This means anything from an app to good old-fashioned pen-to-paper lists. Schedule each successive workweek on the Friday before, with your priorities for each day, so on Monday you know exactly what to tackle first. Of course, your priorities may change as tasks arise, but this can help you prepare for the week ahead. It may also help to make your weekend-to-weekday transition smoother.



4. Nix the distractions.

While it goes without saying to keep your phone at bay during work hours (save for business-related calls or messages), there are other items to consider removing from your workspace. For example, if you love having a certain talk show on in the background, but you find yourself getting sucked in, turn it off.

Other activities like paying bills and scheduling appointments might seem like good excuses to take a break, but these happenings can take up a lot of time. So, tackle your personal to-do list outside of business hours.



5. Dress for the job.

While wearing PJs was mentioned, you may feel most productive if you are dressed for the day. Though you don't need to wear dressy clothing, try taking a shower, doing your hair and putting on clothes you enjoy wearing, even if you don't have to leave the house for the whole day.



6. Take a breather.

While the majority of this article has been in favor of eliminating distractions, a 10 to 15 minute break here or there is recommended whether you work in the office or from home. Everybody gets burned out, and a great way to get creative juices flowing again is to take a walk. [A stroll can boost creativity](#) up to 60 percent, according to [Stanford](#) Researchers. A quick jaunt around the block or to the mailbox, feeling the afternoon sun on your skin, or breathing in the fresh air might be all you need to finish that critical project or to get a second wind.

Another fun way to revitalize your body and mind is through micro-breaks. Even when you work remotely, it's important to schedule your [regular physical activity](#). In fact, it may be easier to be a little [more active](#) when you work from home. Try jumping rope for 30 seconds, holding a plank pose, lifting weights or doing stretches while listening to a meeting.



7. **Feeling isolated? Connect.**

One of the most common complaints people who work remotely have is loneliness. Without the hustle and bustle of an office setting and chats during coffee breaks, it can be easy to feel isolated. Sure, you may get your work done faster, but you also might get stir-crazy. There's a trade-off for everything. If that's the case, schedule phone calls, Skype sessions, or FaceTime with loved ones often.

Working from home isn't for everybody, but when done right you could enhance your career and help save your company money.

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Creating A Healthy Sleep Environment



Quality sleep plays an important role in all aspects of our health and wellbeing. Sleep helps repair and restore our bodies and minds after long days. Our mental, physical and emotional wellbeing are all impacted by the quality and quantity of sleep we get each night. That's why our sleeping environment should be one that fosters just that – a good night's rest. There are many variables to consider when creating a healthy sleep environment. Acknowledging the five senses is a good way to ensure you're addressing all of the environmental elements that may impact your sleep quality.

SLEEP QUALITY: THE FIVE SENSES

TOUCH

- **Adjust the temperature.** The ideal temperature for a restful night of sleep is in the range of 65 F to 75 F; not too hot or too cold.
- **Make your bed.** A clean and neat bed can sometimes make it easier to sleep as it may be more comfortable.
- **Make your bedroom a stress-free zone.** No work, homework, eating or electronic use should happen in bed.

SIGHT

- **Make sure your room is dark.** Blackout shades can be helpful as well as digital alarm clocks that can be dimmed. Darkness encourages your brain to produce the hormone melatonin, which plays a big role in maintaining your healthy sleep-wake cycle.
- **Put your phone away!** Experts recommend staying off your phone, tablet or computer at least an hour or two (maybe even three) before bed. The blue light from electronics (similar to daylight) sends stimulating signals to your brain, which can keep you awake and throw off your internal clock. If you feel like you need to use a certain device before bed, it is recommended to use the smallest device possible (like your phone instead of a tablet or laptop) because a smaller screen gives off less blue light.
- **Make your room a sanctuary.** Your room should be visually pleasing to you and a place where you feel you can relax. It might also help to routinely tidy your room as clutter can sometimes subconsciously stress us out, delaying sleep.



SOUNDS

- **Noise should be kept to a minimum.** White noise from a sound machine or fan may help drown out unavoidable external noise.

SMELL

- **Try aromatherapy.** Lavender has been shown to help lower one's blood pressure and heart rate before bed. Other essential oils used in a diffuser, such as bergamot, clary sage or jasmine, have also been shown to help with sleep.
- **Change your sheets once a week.** Sleeping on clean sheets with a fresh scent can make for a more comfortable night's sleep.

TASTE

- **Watch what you eat and drink before bedtime.** Avoid caffeine at least six hours before bedtime and try to limit or avoid alcohol before bed. Lighter meals for dinner can help you sleep better, too. Try having protein-filled breakfasts and lunches so you have more energy during the day.

YOUR BEDROOM FOR BETTER SLEEP

- **Bed made**
 - A clean and neat bed may make sleeping more comfortable.
- **Window shades or curtains closed**
 - Blackout curtains can improve sleep quality.



- **Alarm clock dim and preferably across the room**
 - A bright light can be a distraction, and an alarm clock across the room helps reduce hitting the snooze button over and over, which can lead to unhealthy patterns.
- **Phone off and across the room**
 - If the phone is not in arm's reach, you are less likely to use it. Keep your phone away at nighttime because the light and notifications send stimulating signals to the brain.
- **Sound machine or fan**
 - White noise can help block competing noise from outside the room.
- **Thermostat set at 65 F / 18 C**
 - Set your thermostat anywhere from 65 F to 75 F / 23 C; this is a comfortable sleeping temperature.

Source:

<https://sleepfoundation.org/>

Sleeping Soundly When You Work the Night Shift



Did you know that more than 22 million Americans work evening, rotating, or on-call shifts? If you are one of the millions who work outside the typical 9-to-5, you know finding a sleep schedule that works for you can be challenging. Sleep complications that result from shift work can affect all areas of your life. Perpetual exhaustion is no way to live, as it puts both you and others in danger. For example, driving while sleepy can be hazardous or even fatal. In fact, research suggests that drowsy driving caused by sleep deprivation is one of the leading safety hazards for those who work in the transportation industry.

STUDIES HAVE SHOWN THAT DROWSINESS CAN HAVE A NEGATIVE EFFECT ON THE FOLLOWING:

- Attention
- Concentration
- Memory
- Mood
- Reaction time

Shift workers are also at increased risk for a variety of chronic illnesses, such as heart disease and gastrointestinal diseases, according to the *International Classifications of Sleep Disorders*, (ICD).

If you want to improve your sleep schedule, there are certain steps you can take. By following them, you can help to transition your snooze time in the right direction.

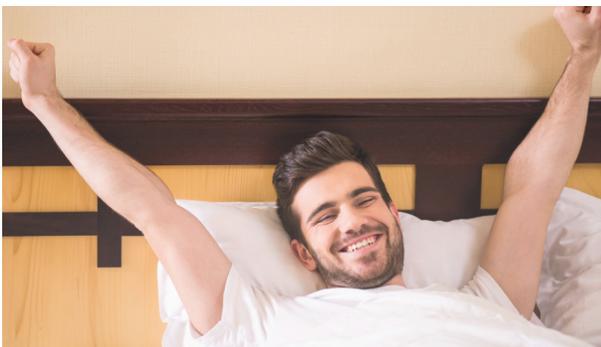
CLOCK-IN TO YOUR DREAMS

One of the greatest challenges of working non-traditional hours is being forced to sleep against your body's internal clock. Your body's sleep-wake cycle is driven by its *circadian rhythm*. If your natural "clock" is thrown off, various body functions will react.

CIRCADIAN RHYTHMS INFLUENCE SUCH BODILY FUNCTIONS AS:

- Body temperature
- Alertness
- Sleepiness
- Hunger and digestion
- Hormone Levels
- Mood

On average, shift workers get two to four hours less sleep than those who work during daylight hours. Shift workers have to fight against their natural rhythms, which can cause a circadian rhythm sleep disorder.



SYMPTOMS OF CIRCADIAN RHYTHM SLEEP DISORDERS MAY INCLUDE:

- Excessive sleepiness
- Insomnia
- Disrupted sleep schedules
- Reduced performance
- Difficulties with personal relationships
- Irritability/depressed mood



STRATEGIZE YOUR SLUMBER

There are many ways to deal with sleep issues caused by the hours you work. Consider the following three factors when figuring out what sleep schedule works best for you:

1. Your individual needs
2. The requirements of your job
3. Your environment at home

FOR SOME SHIFT WORKERS, NAPPING IS ESSENTIAL TO GETTING SEVEN TO NINE HOURS OF SLEEP. HERE ARE SOME TIPS FOR TRIGGERING SLEEP WHILE YOU ARE OFF-SHIFT:

- Avoid caffeine and food at least an hour before you want to fall asleep.
- Avoid drinking alcohol. Although it may seem to help you fall asleep, alcohol can rob you of deeper stages of sleep.

- Wear sunglasses to block out sunlight on your drive home.
- Stick to a consistent sleep and wake schedule, even on weekends.
- Eliminate noise and light from your sleep environment. Try using an eye mask, ear plugs and black out curtains.
- If you need background noise to block out daytime sounds, consider a fan, a white noise machine or smartphone app rather than TV.

TIPS FOR STAYING ALERT ON THE JOB, NATURALLY

1. **Pump it up.** Listen to your favorite energizing music.
2. **Hydrate.** Instead of reaching for the coffee or soda, grab the H₂O first! When you are dehydrated, you will feel fatigued. Caffeine actually dehydrates your body, so drinking it might make you feel more tired in the long run.



3. **Tackle the difficult tasks first.** Don't leave the most tedious or tiresome tasks to the end of your shift when you are apt to feel the drowsiest. Night shift workers are most sleepy between 4 a.m. and 5 a.m.
4. **Avoid long commutes** and extended hours when possible.

5. **Nap it out.** If possible, take short 5- to 25-minute nap breaks throughout your shift. You might try this during your night-shift "lunch break."
6. **Get your blood pumping.** Be active during your breaks, such as taking a walk around the building or exercising. Walking pumps oxygen through your veins, brain and muscles. So get up and move around.
7. **Team work.** Work with others to help keep you alert.
8. **Discuss ideas** with your co-workers about ways to cope with the problems of shift work. Consider setting up a shift-work sleep discussion group at work so you can talk over these issues and learn from others.
9. **Sleep before driving home.** If you are feeling excessively sleepy post-shift, consider napping for 20 to 45 minutes before driving home.
10. **Set up a rotating carpool** where the most alert driver drives most of the distance.
11. **Be wary of caffeine.** If you have to have caffeine, drink one caffeinated beverage at the beginning of your shift (coffee or green tea) to help maintain alertness during work.
12. **Snack well.** Eat a healthy snack mid-shift.
13. **Give your eyes a break.** If you are working with a computer, look away for a few seconds periodically to relax your eyes and prevent eye strain. Try the 20-20-20 rule: For every 20 minutes you spend looking at a computer screen or TV screen, look at something 20 feet away for 20 seconds.

TRY THIS DEEP BREATHING EXERCISE FOR ALERTNESS

Deep Breathing Exercise:

- Begin with one hand on your stomach, just below your ribs and the other on your chest.
- Inhale deeply through your nose.
- Let your belly push your hand out. Your chest should not move.
- Breathe out through pursed lips, as if you were whistling. You can use the hand on your belly to help push air out.
- Repeat as needed.

NADI SHODHANA OR “ALTERNATE NOSTRIL BREATHING”

Alternate nostril breathing is said to bring calm and balance, and unite the right and left sides of the brain. This technique works best when it's crunch time, or whenever it's time to focus or energize. Just don't try this one before bed because it is said to clear the channels and make people feel more awake.

- Starting in a comfortable meditative pose, hold the right thumb over the right nostril and inhale deeply through the left nostril.
- At the peak of inhalation, close off the left nostril with the ring finger, then exhale through the right nostril.
- Continue the pattern, inhaling through the right nostril, closing it off with the right thumb and exhaling through the left nostril.

EAT YOUR WAY TO BETTER SLEEP

A common issue amongst shift workers are stomach related problems. Shift workers tend to eat poorly (such as food from vending machines) at abnormal times. Regular meals are important, so try to eat three solid meals per day or five to six small meals spaced out throughout the day. Try to eat at the same times each day. Mealtime serves as a time signal for your internal clock. The time

that you eat lets your body know when to make you sleepy. Make sure to not eat your biggest meal of the day within three hours of falling asleep, as it will keep you awake.

TO HELP PREVENT STOMACH COMPLICATIONS:

- Avoid fast food and sugary, processed snacks.
- Choose foods low in fat.
- Eat an abundance of fruits, vegetables and whole-grains.

A FEW EXAMPLES OF WHAT HEALTHY MID-SHIFT SNACKS LOOK LIKE INCLUDE:

- Peanut butter on a whole wheat cracker or celery sticks
- Greek yogurt and a handful of nuts or fresh fruit
- Baby carrots with hummus



As previously mentioned, try not to consume soda or too much caffeine during your shift. Sodas are high in sugar and will ultimately lead to a sugar crash later in your shift. Caffeine is also dehydrating and may eventually make you feel more exhausted. Instead, consider purchasing a large water bottle and fill it with ice water before your shift. Ensure you drink plenty of water and eat foods high in water, such as fruits and veggies throughout the day.

HOME SWEET HOME: TIPS FOR SOUNDER SLEEP

1. Try not to work several night shifts in a row, as you may become progressively more sleep-deprived after a number of workdays. If you can limit night shifts and schedule your days off in-between, you will be more likely to recover.
2. If you can, avoid consistent rotating shifts.
3. Long commutes take time away from sleeping and can be dangerous, so try to avoid them.
4. Ensure your workplace is lit brightly to help keep you alert. If you work at night, get exposure to bright light when you wake up, such as from special lamps designed for those who have circadian-related sleep disorders.
5. On your way home from work, avoid bright light. Wearing dark sunglasses and a hat can help make it easier to fall asleep.
6. Avoid running errands before you get the chance to sleep.
7. Turn off any and all electronics while you are sleeping. Ask your family to limit phone calls and visitors during your sleep time. Check to see if your phone has a “do not disturb” feature you can turn on while sleeping.
8. Try to stick to a consistent sleep schedule.

WHEN TO CONSULT A DOCTOR

Below are warning signs of having a sleep disorder:

- Falling asleep while driving
- Struggling to stay awake when inactive, such as watching TV or reading
- Having difficulty paying attention or concentrating during daily life
- Having performance issues at work
- Being told often that you look tired or exhausted

- Having trouble with your memory
- Having a slowed response time
- Having difficulty controlling your emotions
- Regularly experiencing difficulty falling asleep
- Feeling exhausted despite sleeping at least seven hours

IF YOU WORK THE NIGHT SHIFT AND ARE DOING EVERYTHING IN YOUR POWER TO GET THE REST YOU NEED, BUT NOTHING SEEMS TO HELP, IT MAY BE TIME TO CONSULT YOUR PRIMARY CARE PHYSICIAN OR A SLEEP SPECIALIST.

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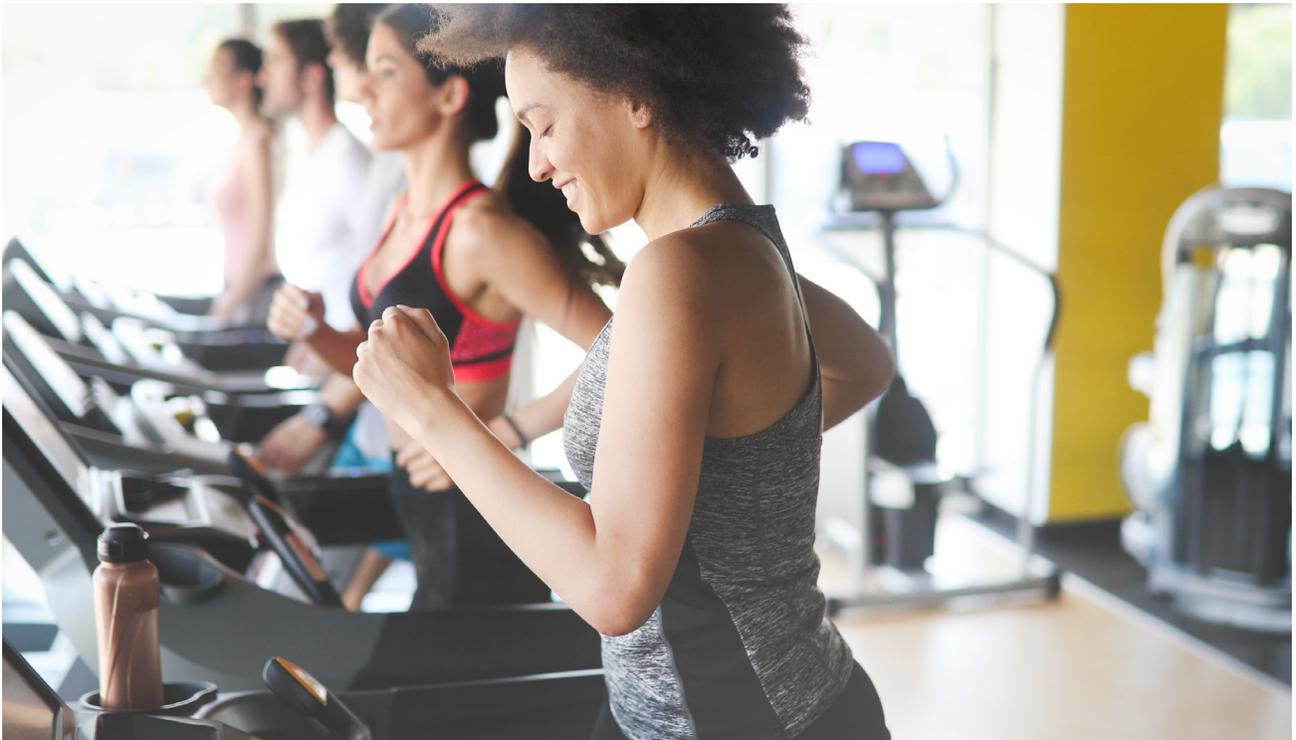
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Maintaining a Healthy Immune System



Everyone wants to stay healthy and avoid getting sick. While there is no magic pill or supplement to boost your immune system, there are ways to maintain or reach a healthy immune system. Overall, the best way to maintain a healthy immune system is by following a healthy lifestyle.

FOLLOW THESE GENERAL WELLNESS TIPS TO HELP REACH AND MAINTAIN A STRONG IMMUNE SYSTEM TO STAY AS HEALTHY AS POSSIBLE:

- **Focus on a nutritious diet.** Eat a diet including whole grains, lean protein and dairy and plenty of fruits and vegetables. Avoid heavily processed foods and foods with added sugar.
- **Consume adequate amounts of foods containing immune-boosting vitamins, such as:**
 - **Vitamin C:** found in oranges, grapefruits, tangerines, strawberries, bell peppers, spinach, kale and broccoli.
 - **Vitamin D:** found in milk, orange juice, cereals and fatty fish such as salmon, mackerel, tuna and sardines. Getting outside every day for at least 15 minutes can also provide you with vitamin D.
 - **Vitamin B6:** found in chicken, cold water fish such as salmon and tuna, green vegetables and chickpeas.
 - **Vitamin E:** found in nuts, seeds and spinach.

- **Get adequate sleep.** It is recommended that adults sleep at least seven to nine hours each night. Avoid electronics one hour before going to sleep and avoid consuming caffeine within four hours before bed.
- **Be Active.** Get some physical activity regularly. If you aren't currently active, start small with just 10 minutes at a time until you reach the American Heart Association (AHA) guidelines. AHA recommends 30 minutes of moderate-intensity aerobic/cardiovascular activity (walking, biking, running, etc.), five days per week and muscle-strengthening activity (resistance training), two days per week.
- **Stay hydrated.** Drink mostly water and limit coffee, tea, soda and energy drinks. Also, limit or eliminate sugar-sweetened beverages.
- **Avoid or limit alcohol intake.** If you drink alcohol, do so in moderation. The 2015-2020 Dietary Guidelines for Americans suggests limiting drinks to no more than one per day for women and no more than two drinks for men.
- **Get your recommended vaccines.** The CDC recommends everyone six months of age and older get vaccinated every flu season to help prevent contracting and spreading the flu virus, and to keep your immune system strong. The CDC also recommends adults get the Tdap (tetanus, diphtheria, pertussis) vaccine if they didn't receive it as an adolescent and then a Td (tetanus, diphtheria) booster shot every 10 years. Pregnant women, adults 50 years and older and individuals with specific health conditions also have specific recommended vaccines. Speak with your primary care physician to find out which vaccines are recommended for you.
- **Avoid smoking.** If you use tobacco or nicotine products, seek out resources such as tobacco and nicotine cessation programs to assist you in cutting back or quitting.
- **Reduce your stress.** Take steps to reduce your stress through mindfulness exercises, meditation, contemplation, prayer or taking short quiet breaks throughout your day. Avoid unnecessary activities or situations that cause unneeded stress. If you are affected by excess stress, anxiety or depression, consult your doctor for help and guidance or call your Employee Assistance Program (EAP), if you have access to one, for guidance or short-term counseling.
- **Wash your hands thoroughly.** Wash your hands with soap and water for 20 seconds often, particularly before and after handling food, after sneezing, coughing or blowing your nose and after using the bathroom.

IN REGARD TO BOOSTING YOUR IMMUNE SYSTEM, ACCORDING TO THE CDC, "THERE ARE NO SCIENTIFICALLY PROVEN DIRECT LINKS BETWEEN LIFESTYLE AND ENHANCED IMMUNE FUNCTION." HOWEVER, BY FOLLOWING THESE RECOMMENDATIONS YOU CAN ACHIEVE A HEALTHY LIFESTYLE WHICH IS THE BEST LINE OF DEFENSE IN MAINTAINING A HEALTHY IMMUNE SYSTEM.

Source:

"How to Boost Your Immune System." [health.harvard.edu/staying-healthy/how-to-boost-your-immune-system](https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system), accessed March 25, 2020.

Managing Your Children's Education While Working From Home During COVID-19



With school districts closing for months or for the remainder of the school year, many parents are struggling with how to continue educating their school-age children while managing their job responsibilities.

ONE THING WE DON'T WANT TO MISTAKE THIS UNPRECEDENTED PERIOD WITH IS THE TERM 'HOMESCHOOLING.' HOMESCHOOLING IS NOT WHAT WE AS PARENTS ARE DOING DURING THIS CRISIS PERIOD. TYPICAL HOMESCHOOLING INCLUDES WEEKLY OUTINGS FOR ENRICHMENT AND SOCIALIZATION SUCH AS VISITS TO MUSEUMS, PARKS, THE ZOO AND MEETING UP WITH OTHER CHILDREN AND SMALL GROUPS.

This unprecedented time period, which for many means confined to our own household, is a learning process on how to function the best we possibly can, while managing work and school schedules.

THINGS PARENTS CAN DO:

- **Be realistic.** Avoid comparing yourself to others online and take time to figure out what works for you and your family.
- **Maintain a schedule.** Children work best while following a schedule. They love to know what is next, however, fun and free play should also be included.

- **Be flexible.** If you or your children need a break from your new normal routine, change it up. Is it nice outside in the morning but raining in the afternoon? Take a walk and bike ride in the morning and work on schoolwork in the afternoon or evening.
- **Give yourself some grace.** We are all learning what this “new normal” is and everyone is in uncharted territory. If the day doesn’t go as planned, such as your child throws a tantrum because he didn’t want to complete his math work, or your spouse is extra moody, remind yourself (and others in your household), to take a deep breath, change up your current routine and perhaps take a walk.
- **Work on non-school focused learning.** Children can learn a great deal while doing household chores such as helping in the kitchen, laundry, cleaning, budgeting and pet care.
- **Fit in time for yourself.** Although it may seem impossible to juggle your work and children’s schoolwork, even taking 10 minutes to yourself to meditate, stretch or read can help you recharge.
- **Reassure your children.** Our children are experiencing uncharted territories as well, so expect challenging behaviors, poor sleep patterns and picky eating. Stay positive by offering positive feedback for good behavior.

ALSO, REMIND YOURSELF THAT THIS WILL PASS. Try looking at this time as a way to reassess what is important, what you value and what you may want to change when life gets back to normal.

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How to Keep Your Family Safe When You Work Around COVID-19



Health care workers in the U.S. have started self-isolating due to the fear of bringing coronavirus home. This includes measures like sleeping in the basement or in separate bedrooms, using separate bathrooms, and implementing a do-not-cross-this-point policy. Some have even considered renting an apartment for those who may have been exposed to COVID-19. Health care is an essential part of life. But during these uncertain times, and with the fear of contracting COVID-19 or carrying it home to loved ones, taking extra precautions when working around or directly with COVID-19 patients is necessary.

AS A HEALTH CARE WORKER, THE FOLLOWING MEASURES ARE RECOMMENDED FOR YOU AS YOU CONTINUE TO PROVIDE CARE FOR COVID-19 PATIENTS:

- Self-monitor for COVID-19-like symptoms (i.e., fever, cough and shortness of breath). Symptoms may vary from person to person so make sure to also monitor for emergency warning signs (i.e., trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse and bluish lips or face, and any other symptoms that are severe or concerning.)
- Take your temperature twice a day.
- Wipe your car down with bleach wipes.

- Wipe your phone/other items down with antimicrobial solution.
- Do NOT bring shoes into your house; use the same shoes each day and spray with disinfecting spray before getting into your car.
- Have a designated change room in your house.
- Wash your clothes and dry them in the dryer; do not air dry.
- Shower as soon as you get home from work.
- If you may have been exposed to COVID-19, self-isolate within your house (if possible).
- If there is known exposure to COVID-19, self-isolate within your house or away from home/family if someone in your family is at high risk.
- Use disinfectants that meet the EPA's criteria for use against SARS-CoV-2, the cause of COVID-19, and are appropriate for the surface. Be sure to follow the instructions on the label to ensure safe and effective use of the disinfectant. Many products recommend precautions, such as keeping the surface wet for several minutes to ensure germs are killed or wearing gloves and making sure you have good ventilation during use of the product.
- Avoid sharing food, drinks and personal household items (e.g., dishes, drinking glasses, cups, eating utensils, towels or bedding) with other people living in your house. After using personal household items, wash them thoroughly with soap and water or place them in the dishwasher.
- Identify a separate "sick room" and bathroom (if available) in your house if you or a family member is sick. Plan to clean and disinfect these rooms, especially the high-touch surfaces. Let someone else in your family clean and disinfect surfaces in common areas of your house.
- If you are sick, wear a facemask (if available) when you are around any family member (e.g., sharing a room or vehicle). However, you should maintain social distancing by limiting close contact with others as much as possible (about 6 feet) and avoiding large family gatherings.

ADDITIONALLY, IT IS IMPORTANT THAT YOU CONTINUE PRACTICING THE FOLLOWING PREVENTIVE ACTIONS EVERYDAY JUST LIKE EVERYONE SHOULD BE DOING:

- Avoid touching your eyes, nose and mouth with unwashed hands. Cover your coughs and sneezes with a tissue or use the inside of your elbow. Don't forget to throw used tissues in the trash – should be a lined trash can.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing, and going to the bathroom; and before eating or preparing food.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol – make sure to cover all surfaces of your hands and rub them together until they feel dry.
- Clean frequently touched surfaces and objects daily (e.g., tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks) using a regular household detergent and water.

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