

# SCRUBS COVID-19 Decontamination Routine for Essential Workers

## SIX EASY STEPS TO STAY SAFE WHEN YOU GET HOME

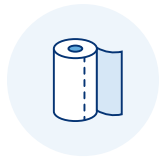
### ITEMS NEEDED



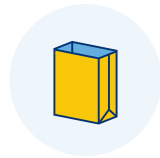
**Hand Sanitizer** +  
**Soap & Water**



**Disinfecting** +  
**Wipes/Spray**



**Paper Towels**



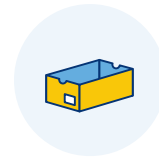
**Paper Bag**  
*To dispose paper towels and disinfectant wipes*



**Duct Tape/ Masking Tape**  
*To visually divide dirty and clean zones*



**Laundry Basket**



**Shoe Box**



**Small Bin for Misc. Items**



**Table (Optional)**  
*To place laundry basket, shoe box, and small bin*

### SETTING UP YOUR DECONTAMINATION ZONE

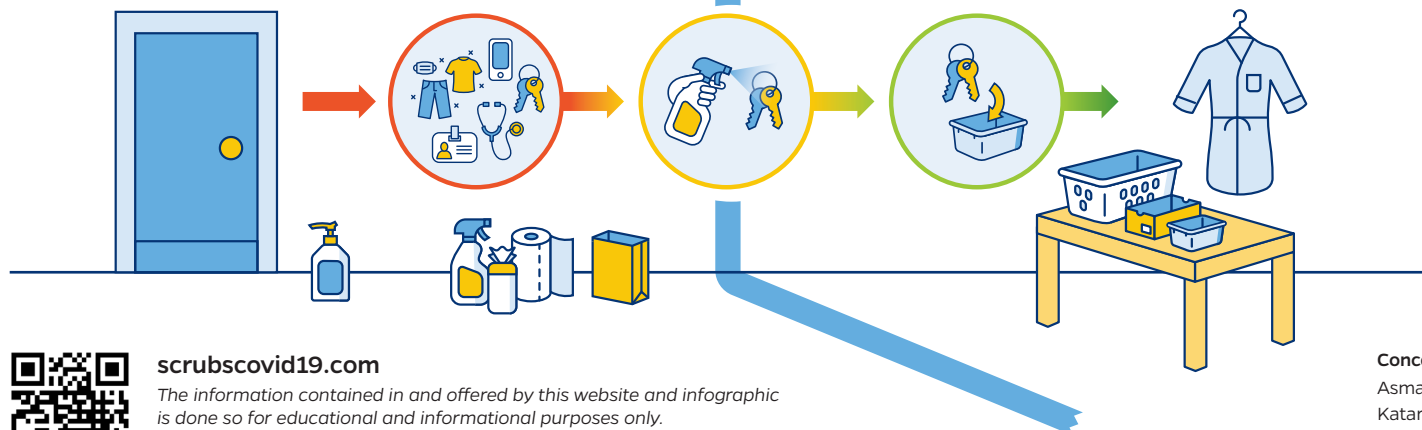
- **Designate an area** for a decontamination routine and **divide it into two zones: dirty and clean.**
- The **dirty zone** should be the **area you walk into first.**
- **Move into your home (clean zone)** after your routine.

#### DIRTY ZONE

- **Hand-sanitizer** on a hook or near the entrance where you first enter the home.
- **Disinfecting wipes/spray** and **paper towels**
- **Items from work:** ex. Work clothes, stethoscope, badge, car keys

#### CLEAN ZONE

- **Laundry basket**
- **Box** for your shoes
- **Small bin** for personal items
- **Bathrobe or clean clothing**
- **Table (optional)** to place laundry basket, bin and shoe box



### LEARN MORE

- + [cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html)
- + [epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19)
- + [coronavirus.jhu.edu/map.html](https://coronavirus.jhu.edu/map.html)

For the most up-to-date information and protocols, please refer to the CDC website:

- + [cdc.gov/COVID19](https://www.cdc.gov/COVID19)

### DECONTAMINATION ZONE LOCATIONS



**House**  
Garage or backyard

**Apartment**  
Entryway



[scrubsCOVID19.com](https://scrubsCOVID19.com)

The information contained in and offered by this website and infographic is done so for educational and informational purposes only.

Updated 06/12/2020

#### Concept Authors

Asma Ahmed ANP-C  
Katarzyna LaLicata FNP-C FNP-BC  
Mehrunnissa Taj, MS, APN, AOCNP

#### Mentorship

Designed with mentorship from the Center for Bioengineering Innovation and Design

# SCRUBS COVID-19 Decontamination Routine for Essential Workers

## SIX EASY STEPS TO STAY SAFE WHEN YOU GET HOME

### STANDING IN THE DIRTY ZONE

### CROSS INTO CLEAN ZONE



**S**anitize hands for **20 seconds** using alcohol-based sanitizer or soap and water. ++



**C**lean shoes with disinfectant wipes or spray and **place them in shoe box in the clean zone.**



**R**emove **contaminated items such as badge, keys, phone.** Remove clothing and **cloth face mask**, place in laundry basket.



**U**se CDC approved **disinfecting wipes/spray** to clean contaminated items and then **place them in bin in the clean zone.** +



**B**ring contaminated **clothing to the designated washing area.** Place contaminated clothing into the washer and wash using the **HOT setting.**



**S**anitize your hands and shower as soon as possible. **Take a deep breath—you're done!**

### LEARN MORE

- + [cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf](https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf)
- + [cdc.gov/handwashing/when-how-handwashing.html](https://www.cdc.gov/handwashing/when-how-handwashing.html)
- + [epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19)

For the most up-to-date information and protocols, please refer to the CDC website:

+ [cdc.gov/COVID19](https://www.cdc.gov/COVID19)



[scrubscovid19.com](https://scrubscovid19.com)

The information contained in and offered by this website and infographic is done so for educational and informational purposes only.

Updated 06/12/2020

### BEFORE LEAVING WORK BY CAR, BUS OR SUBWAY



- Practice social distancing by keeping 6 feet away from others
- Wear a cloth face mask
- Sanitize or wash your hands with soap and water
- Don't touch your face
- If you touch any items, clean your hands

#### Concept Authors

Asma Ahmed ANP-C  
Katarzyna LaLicata FNP-C FNP-BC  
Mehrunissa Taj, MS, APN, AOCNP

#### Mentorship

Designed with mentorship from the Center for Bioengineering Innovation and Design

#### Graphic Design

Graphic Arts, Division of Art as Applied to Medicine  
Johns Hopkins School of Medicine