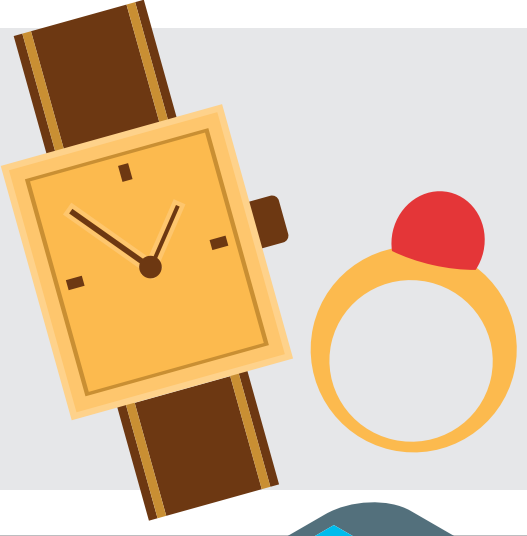
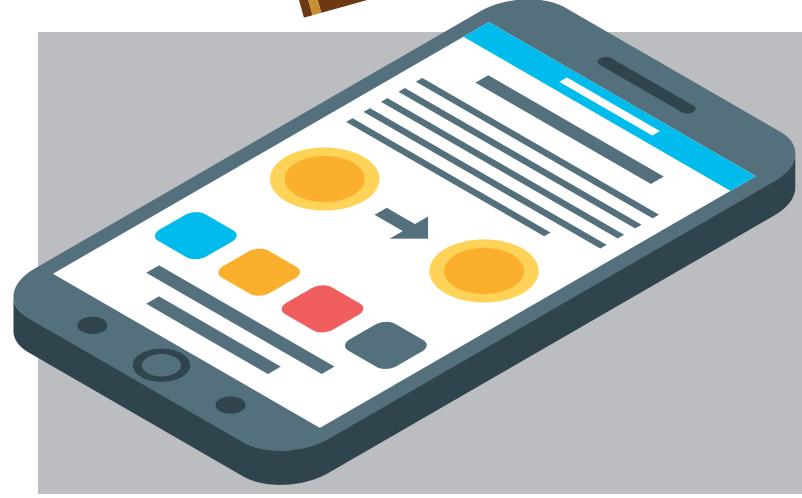


Infection Prevention Tips for Healthcare Workers



Refrain from wearing watches, rings or bracelets. Long hair should be tied back.



Avoid putting the mobile on the bed, whether at home or the on-call room.

Clean your glasses, ID card, keys and mobile before going home.



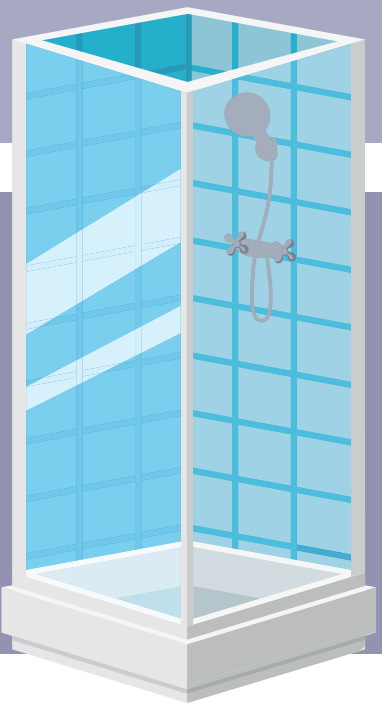
Hospital scrubs should be washed by the hospital laundry service. If you don't wear a uniform, wash work clothes separately, and don't mix them with your other clothes.

Wash your hands thoroughly to the elbows before you exit the hospital.



Leave your work shoes in the car or outside the house.

Wash your work clothes separately with hot water. Don't mix them with your other clothes.



Take a shower as soon as you arrive home and before you come in contact with your family or friends.