Protecting Your Family

Stanford infection control experts currently recommend four simple things to decrease your risk of transmission to individuals in your home. The first thing you can do to protect your family is to protect yourself. Wash your hands for 20 seconds or use hand gel frequently. Keep your hands from coming into contact with the virus by using a paper towel to open the door of the restroom after you have used it. Use a paper towel or tissue to open doors that have been touched by other people. Be sure to dispose of the towel after you open the door.

Before leaving the hospital
- Wash your hands

After returning home
- Take off your shoes. Wash your hands after you remove them
- Leave a box by the door to hold your briefcase, keys, work papers
- Take off your outer clothes (or scrubs if that is what you wear at work). Place them in a bag to be washed (preferably with bleach and at high temperature
- Sanitize your cell phone, and glasses.

Preventing spread of COVID 19 in my household:
- Practice social distancing in your household as much as you can.
- Every day, disinfect the things in your house that everyone else touches (telephone, the refrigerator door handle, the microwave, the knobs on the stove, other door handles, handles on drawers)
  - You can use a number of products that work to kill the virus:
    - Solution of dilute bleach (2 Tbsp bleach in 1 quart of water).
      - Put this diluted bleach in a spray bottle and spray paper towels so they are wet.
      - Place them in a closed container so they stay damp.
    - Any product that labeled “kills 99% viruses,” for example: “409,” chlorox wipes, saniwipes
    - Note: Don’t use these products on porous surfaces, like cutting boards, or any item that contacts food.

Preventing spread of COVID 19 from my vehicle:
- Keep a separate closed container with the bleach wipes in your car to disinfect the door handles, the steering wheel, the gear shift and start buttons after you drive home.