

Checklist for Pharmacists and Pharmacy Technicians to Minimize Exposure from COVID-19 at Home



As a healthcare worker, you are working diligently to care for your patients while preventing the spread of COVID-19. Here are some tips for protecting your family and friends and minimizing exposure in your home.*

- There are known asymptomatic and pre-symptomatic cases of COVID-19. Because the risk of a “silent transmission” is unknown, healthcare workers should assume they were exposed to COVID-19 from the workplace and potentially asymptomatic. Use this [interim guidance](#) from the Centers for Disease Control and Prevention (CDC) to assess your exposure risk as a healthcare provider, identify self-monitoring parameters, and to inform potential self-isolation from others in your household.
- At this time, the CDC recommends wearing a mask at home if you have confirmed COVID-19; however it is appropriate to consider wearing a mask at home if exposed and asymptomatic, especially if you are concerned about the risk of exposure to other household members.
- Consider making alternative housing arrangements for or away from household members that may be at higher risk of complications from COVID-19.
- Keep hand sanitizer in your car, apply it each time you drive. If using public transportation, carry hand sanitizer with you.
- Designate a place in your home, separate from other household members, to put clothing, change clothes, and wash hands.
- Leave your wallet, keys, cell phone, and shoes at the entrance.
- When arriving home, avoid any contact (touching, kissing, hugging) with household members and immediately remove clothing, wash hands, disinfect glasses and phone, and shower. If unable to shower, wash exposed areas well (face, neck, wrists, arms, etc.).
- Treat unwashed clothing as potentially contaminated. Store worn clothing in designated place, preferably contained in a bag and outside of the house (e.g., garage) until washed.
- Regularly clean and disinfect household surfaces (countertops, door handles, light switches, remote controls, touch screens, railings, etc.).
- Develop and review plans for friends and family members for how to access care should they develop symptoms.
- If applicable, respect and follow state mandated stay-at-home orders as an effective method for social distancing. Do not go out unless getting groceries, accessing healthcare or essential services, caring for a sick family member, exercising for yourself or pets, or going to work.
- Decompress and recharge. Access resources to support personal well-being and resilience at [wellbeing.ashp.org](#) and use the Headspace app for meditation and mindfulness tools.

*If infected, special precautions need to be taken for self-isolation. The [CDC](#) outlines precautions for household members, intimate partners, and caregivers in a non-healthcare setting to minimize infection from a person with symptomatic, laboratory-confirmed COVID-19 or a person under investigation.

ADDITIONAL RESOURCES

CDC. [Cleaning and Disinfection for Households](#). Accessed March 31, 2020.

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