

PERSONAL CHECKLIST FOR HEALTHCARE PROVIDERS



- Review proper donning and doffing of PPE for workplace safety.
- Home Practices - designate a place to put clothing from work (preferably right into the washer), where to undress, family protections, wash hands before leaving work, etc.
- Keep hand sanitizer in the car and by the entry door.
- Make sure you have easy-to-prepare meals.
- Stock a two-week supply of food (and possibly water).
- Ensure you have a continuous supply of regularly needed prescription drugs.
- Stock up on nonprescription drugs and other health supplies. This includes pain relievers, cough and cold medicines, a thermometer and vitamins, as well as household supplies, disinfectant and soap.
- Locate and store copies of personal health records from doctors, hospitals, pharmacies and other sources for personal reference.
- Have a plan with family members and other loved ones on how they will receive care if they get sick or what will be needed to care for them in your home. Designate a room for any ill family member, including yourself.
- Consider discussing with family the possibility of work furlough.
- Plan alternate childcare options in case schools and childcare settings close, nanny or family care givers get ill, or you have increased work shifts/hours.
- Take care of yourself! Eat healthy foods, sleep well, exercise and stay well hydrated.