



# OPTOMETRY SERVICES

PROTECTING AGAINST COVID-19

## COVID-19 Checklist for High-Risk Workers Returning Home

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that essential employees in healthcare and other high-risk settings take the following actions to help protect their households from COVID-19:

- Before leaving your workplace, wash your hands or use hand sanitizer. Refrain from touching doors and other high-touch surfaces as you exit.
- If possible, change shoes before entering your car and place them in a plastic bag until they are disinfected. If you are unable to remove shoes prior to entering your car, remove them before entering your home and leave them outdoors until disinfected.
- If possible, remove clothes outside or in a garage and place them in a plastic bag. Do not touch anyone or anything. Immediately shower. Use plastic gloves when handling laundry. Do NOT shake dirty laundry. Wash laundry on the hottest setting appropriate and dry thoroughly.
- Only take necessary electronic devices to work and only bring necessary electronic devices home. Disinfect all electronics per the manufacturer’s instruction prior to using them at home. If there are no instructions, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry thoroughly. Put drying cloth in a plastic bag.
- Only take other items to work if necessary. Only bring items home if necessary. Disinfect car keys, pens, watches, jewelry, etc.
- Clean all high-touch surfaces, such as light switches, counters, tabletops, doorknobs, bathroom fixtures, soap dispensers, toilets and toilet handles, phones, keyboards, tablets every day. Also, clean any surfaces that may have body fluids on them.
- Follow standard precautions to protect yourself and encourage other household members to do the same.
  - Wash your hands for at least 20 seconds with soap and water. Do this often, especially after being in contact with high-touch surfaces or other people.
  - Keep at least 6 feet between yourself and others whenever possible.
  - Avoid touching your eyes, nose, and mouth.

### Optometry Services-specific recommendations:

- The current clinic dress code has been altered to not allow white coats, ties, scarves, or other low-frequency laundered items. Clinic attire worn into the building should be freshly laundered and laundered again before rewearing.
- Clinical faculty, staff, and students are required to wear visible clinic IDs at all times.

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For additional information, visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

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### Additional Resources:

- CDC: How Coronavirus Spreads:  
[www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html)
- CDC: Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities:  
[www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)
- CDC: Disinfecting Your Home:  
[www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html)
- CDC: Protect Your Family:  
[www.cdc.gov/coronavirus/2019-ncov/prepare/protect-family.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/protect-family.html)