

Minimizing Risk at Work and Home

(From Dr Deborah Bailey)

Minimising personal exposure at work and bringing covid home:

-WALLET – No wallet – Bring only drivers license + bank card in plastic ziploc bag

-PHONE – No protective case to allow for wiping down with isopropyl alcohol wipes as per apple recommendations between each patient. Phone remains in pocket or bag, not to be placed on work surfaces. Preferably in bag. Leave on loud volume. Consider keeping in ziploc bag too.

-PEN – Remains in locker, does not come home, frequently coat with alcohol gel. Consider disposables

-CLOTHES – Dedicated minimalist work clothes – T-Shirt, pants, no belt, no jewellery, cheap shoes, leave outside the house

-PERSONAL – No cloth surgical cap, disposable only. Don't touch face ever. Forget lanyards.

-LUNCH – Bring a wrapped sandwich. No bought lunches from canteen. Bring lunch in reusable shopping bag to hot wash with clothes on return home.

-TEAROOM – AVOID, bring drinking bottle of water to avoid water coolers and kitchens

-DEPARTMENT – AVOID, no need to go there anymore. No electives so no patients to look up.

-GETTING AROUND – Kick doors open where possible, use the gel at each door

-Non COVID Cases – REMEMBER only 0-36% of infected children will have symptoms. The real danger will be in the well child who is infected with a high viral load, not the sick COVID positive proven child. Move towards premedicating more and doing IV inductions. Minimise or omit bag masking – High dose ROCURONIUM and SUGAMMADEX for short intubated cases. NO bag masking for LMA cases, give plenty of PROPOFOL to ensure rapid LMA placement. Wear visor mask and gloves for all airway procedures. Make sure assistant does the same.

-COVID CASE – Follow algorithms completely. Don't rush. Even if cardiac arrest, perform PPE correctly and thoroughly.

-END OF DAY – Thorough hand and arm wash. Hand and arm alcohol gel, leave pen in locker

Alcohol gel in car to clean hands.

Coming home:

- Shoes off outside

- No hugs

- Clothes off at front door

- Hot wash work clothes and reusable shopping bag. Dryer afterwards

- Immediate hot shower