

COVID-19 Handling Clothes Post Shift

NOTICE

The COVID-19 community-based testing program is a federally supported, state-directed program in collaboration with Verily's Project Baseline.

The testing guide below has been developed to align with guidelines provided by federal and state public health authorities. Parties adopting this guide should work with their clinical operations, environmental health and safety teams, and their state and local authorities to ensure compliance with relevant laws.

DISCLAIMER

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1. Scope

To propose a method to manage clothes worn by volunteers/staff during and after working at COVID-19 drive-through testing sites.

2. Background

Currently there is limited specific data on the optimal approach for handling attire worn at a COVID-19 drive-through testing site. According to the Centers for Disease Control and Prevention (CDC), the coronavirus is usually transmitted through respiratory droplets (from an infected person sneezing or coughing) rather than through fomites, objects, and materials that when contaminated can transfer disease. However, the CDC notes that evidence suggests that the novel coronavirus may remain viable for hours to days on surfaces made from a variety of materials, which includes clothing. Attire choices should attempt to balance professional appearance, comfort, and practicality with the potential role of apparel in the cross-transmission of pathogens resulting in transmission of disease.

3. Procedure

The guidelines for appropriate attire are based on professionalism, common sense, decorum, and the available evidence.

We recommend discussing this document with your own Environmental Health and Safety personnel and site specific Clinical Lead to ensure guidelines are suitable to your own environment, and modifying as appropriate.

Our recommendations are as follow:

3.1 What to wear

- 3.1.1. Wear clean appropriate professional attire during all participant encounters. Scrubs, t-shirt, or other comfortable clothing that can be changed daily and easily washed after every shift.
- 3.1.2. If working in the "hot zone," hair should be worn back to limit amount of hair on the nape of the neck. Large sideburns and ponytails should be covered or contained.
- 3.1.3. Wash hands often while onsite and before leaving the site and upon arriving home.
- 3.1.4. All footwear should have closed toes, low heels, and non-skid soles.

3.2. Handling of Clothing

- 3.2.1. **Covid-19 Personal Protective Equipment** should be followed for proper donning and doffing technique.
- 3.2.2. When possible, it is recommended to change scrubs or clothes at the end of shift and place them in a plastic bag/trash bag. Work shoes should be placed in a separate plastic bag and staff can change into "traveling" shoes and coat to go home.
- 3.2.3. If scrubs/clothes are worn home after a shift, it is recommended staff drive straight home. Avoid stopping at stores, restaurants, or other places along the way.
- 3.2.4. Staff should prioritize taking a shower and laundering clothes after their shift or upon arriving home.
- 3.2.5. Avoid any physical touch with household members, or common surfaces (e.g. kitchen counter) while still wearing the same clothes from the shift.
- 3.2.6. It is recommended to clean shoes with an anti-germ clothing spray. Shoes should be left outside the home until the next shift or a second set of working shoes should be used as an alternate between work shoes.

4. Laundering:

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- 4.1. Optimally, any apparel worn that comes in contact with the participant or participant environment should be laundered after daily use. Jackets or hoodies worn during participant care should be laundered no less frequently than once a week and when visibly soiled.
- 4.2. Laundering clothes should be done using a hot water wash cycle (ideally with bleach) followed by a cycle in the dryer at the highest setting.
 - 4.2.1. Rationale: A combination of washing at higher temperatures and tumble drying or ironing has been associated with elimination of both pathogenic Gram-positive and Gram-negative bacteria.