



Comfort Pack
Care Package in Times of Isolation

INFO

PACKAGE

DRAFT PROTOCOL TO PREVENT COVID-19 INFECTION WHEN LEAVING AND RETURNING HOME

Before Leaving Home:

- Set a bag aside to be used when returning home where used masks can be placed.
- Before putting on the mask wash hands thoroughly with soap and/or a disinfectant liquid containing alcohol.
- Take a new or disinfected mask out of the DIY organizer pocket.
- Cover the face and the nose with the mask so that it fits perfectly on the face leaving no space between the face and the mask.
- Take a bag along that is disposable or can be washed above 60 Celsius after use.
- Take a pair of clean disposable gloves from the pocket of the organizer and put them on.
- Leave home and pay attention not to touch the face or the mask.

Upon Returning Home:

- Upon entering home take the gloves off. In case the gloves are disposable throw them into the garbage bin – keep it clean – placed next to the entrance. If the gloves can be washed at high temperatures then place them into the bag dedicated to contain objects for leaving home.
- Take off the shoes and most pieces possible of the outdoor clothing and try not to touch anything in the room meanwhile.
- Use hand disinfectant placed on the disinfectant station and thoroughly disinfect hands or wash hands with soap while trying to avoid contact with any other surface.
- Take the face mask off from behind without touching the front of the mask. In case mask is disposable, throw it into the garbage can – keep it clean – placed next to the entrance. In case mask can be washed at high temperatures place it into a bag dedicated to contain objects for leaving home.
- Following handwashing and face-washing change in to home garments. Clothes that were taken off should be placed into a bag and washed afterwards. Then wash hands and face with soap. If very crowded or endangered places were visited it is worth taking a shower and washing the hair.
- Upon return doorknobs, taps and other surfaces should be disinfected by disinfectant wipes or other homemade disinfectant liquids. Mobile phones, wallets, glasses should be wiped off with disinfectant wipes or other homemade disinfectant liquids. All other objects should also be disinfected that were carried along outside.
- After this process hand washing should follow again by using soap.

In case reusable masks and gloves were used they should be washed at high temperatures (60 degree Celsius or above) and should be ironed when dry.

Previously worn outdoor clothing should not be possibly worn again. It is advisable to change towels more often and wash them as well at high temperatures, 60 Celsius or above.

Approved by Annamária Kocsiné dr. Balogh, professional pharmacist



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