

How one health care worker arrives home

It used to be when I get home from the hospital, I'd be greeted by howling dogs and a kiss from my wife. COVID-19 ended that. My arrival, which used to take 30 seconds, now takes 30 minutes.

It starts before I get home. I call my wife when I'm 10 minutes out and she prepares a spray bottle full of four teaspoons of Clorox to one quart of water. She also soaks two handkerchief size rags in the same solution. They are sitting outside waiting for me in the carport.

When I pull up my wife steps outside but doesn't come near me. She is there to maybe assist, but really for moral support. First, I take everything out of my pockets; wallet, disinfectant spray, keys, ID badges, phone, and I take off my watch (my wedding ring, you recall, is in my dresser draw for COVID). I wipe down my phone and watch face with alcohol and the rest with the Clorox solution.

The keys, badges, disinfectant spray container, and wallet get a thorough spray of solution. And are set aside. I then turn back to my car and spray my seat, steering wheel, radio buttons, turn signal, window buttons door handle and seat belt. I then wipe them all down.

Now me. I'm dressed in scrubs with a long sleeve tee shirt over a regular tee shirt and Crocs. I take off the Crocs and spray them completely inside and out, top and bottom. I wipe them with the rags and set them up to drain out.

My wife brings out a cardboard box. I take off all my outer clothes in the car port, sorry for the visual picture, and put them in the box. My wife opens the front door and I carry in the box being careful not to touch anything on my way to the washer. Then the contents of the box and the rest of what I'm wearing go into the washer being careful not to touch the outside of the machine. I carry the box to an out of the way corner of the house. Anything on it dies in 24 hours.

My wife then squirts liquid soap in my hands and turns on the faucet. I then can walk to the bathroom not afraid to touch things as I ready the shower. I get dressed and THEN I get to kiss my wife! Of course, by then the dogs are onto other things.

If you think I'm over the top, some of my friends are not going home for weeks to not infect their families.

I tell you this not to ask for pity but in the hopes, it helps other health care workers.