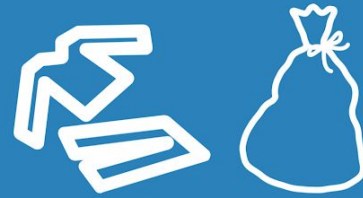


Keeping Safe in the Workplace

Reducing Home Contamination from High Risk Environments

Before you leave work



If possible, change out of work clothes and place in plastic bag/washable bag/pillowcase. Clean shoes including soles with wipe. Ideally change shoes. Wash hands well. If available, have a shower at work.

In the car



Spray shoe soles with disinfectant before entry. Put work items in a box. Wipe down all areas of interaction with car (gear stick, steering wheel, handles, foot pedals) on arrival home.

At the front door



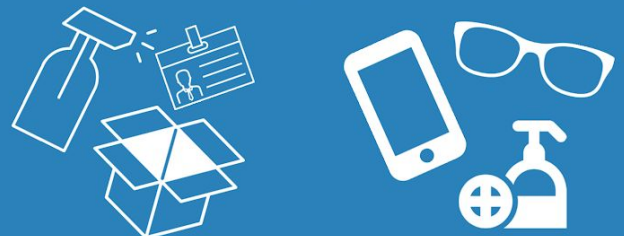
Alert others of your arrival by phone, knocking or shouting. Family must keep their distance for now.

Entering the home



Have a home decontamination station clearly demarcated. Try not to touch anything. Remove shoes, clean with a wipe and leave by door.

Clean your possessions



Clean all surfaces of work items with NEW wipe (credit card, identity card, keys etc) and place in box by door. Wash your phone and glasses with alcohol wipes/soap and water.

Washing clothes items



Remove current clothes, put in washing machine with work clothes and clothes bag. Make sure washing machine is never more than half full. Ideally use biological powder instead of gel. Iron or tumble dry if fabric allows.

Inside the home



Have a shower or wash all exposed areas of body (hands, wrists, forearms, **neck**, face). Wipe anything you touched prior. Wash hands, moisturise and relax. Your family can now interact fully with you.