

How To Help Prevent the Spread of COVID-19 For Those Working Outside the Home



Those braving the frontlines of COVID-19, including healthcare professionals, first responders and essential workers, are at the greatest risk of exposure. These individuals can follow a few simple measures to reduce the spread of COVID-19 when they return home from work.

Disinfecting your vehicle to/from the workplace

- Keep spare shoes in your car; place work shoes in a plastic storage bin labeled “Do Not Touch.”
- Use an EPA-approved disinfectant wipe on high-touch, non-porous surfaces.



Door handles



Seats



Radio knobs



Steering wheel

Entering the home

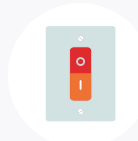
- Remove work clothes before entering. Place them in a closed plastic bag and wash after each wear.
- Keep a set of clean clothes near the door to change into.
- Immediately shower to remove any excess debris from the workplace.
- Wash and dry work clothes separately at a higher temperature (100-125 degrees) for at least 30 minutes.
- Disinfect high-touch surfaces used as you enter.



Keys



Door handles



Light switches



Keeping the home germ-free

- Avoid placing any bags and backpacks brought to the workplace on common surfaces.
- Use a designated bag for work which can stay in the car.
- During mealtimes, consider using dedicated or disposable plates and utensils.

