

COVID-19: Staying safe and healthy after work

Before you leave work

- Stop, make sure you feel rested enough to drive safely
- Shower and change out of your work clothes, if possible



When you arrive home

- Wipe down the steering wheel, controls and door handles of your car



Outside your house

- Take a moment to pause and breathe deeply before entering
- Knock on the door and get someone to open it from the inside rather than using the door handle



Greet your family

- Say hello but avoid physical contact for now



Drop your belongings

- Put your items in a plastic box by your front door and then wipe it down



Take out your phone

- Remove your mobile from a clear plastic bag, wipe it, and then throw the bag away



Clean your bag

- Ensure your bag is machine washable so you can clean it easily
- It should be washed at a temperature above 40c



Clean yourself

- Wash your hands or have a shower before touching any doors



Enjoy your evening

- Take time to relax and unwind from your busy day