

Prevention Guidance: Reducing Risk of Virus Spread at Home

PROTECTING OURSELVES AND THOSE AROUND US

This document aims to provide guidance to our team members on ways to minimize the likelihood of bringing germs or the COVID-19 virus home if there is a **vulnerable person** in your household. The Centers for Disease Control and Prevention (CDC) recognizes two main transmission routes of COVID-19: Respiratory and Contact. This document will focus on how to reduce the risk of contact transmission. The virus has been found to stay active for up to three days on certain materials, so it is important to keep this in mind when referencing this document.

Leave it at Home

- Bring only essential items to work.
- Consider bringing a sack lunch instead of a cooler or lunch box.
- Leave jewelry, sunglasses, and hats in your car.
- Store essential items in a locker or safe place to minimize likelihood of contamination.
- If you wear contact lenses, consider wearing glasses instead to reduce the need to touch your face.

Leave it at Work

- Avoid wearing work shoes into your home. Keep them at work or in your car.
- Bring a change of clothes and shoes to work and bring your work clothes home in a bag.
- Leave work items including safety glasses, hats, gloves, PPE, in a locker or safe place.
- Wash your hands after you handle anything that has been worn in public.
- Shower, if possible.

Coming Home

- Keep sanitizing wipes in your car and disinfect personal items including badges, phones, keys, glasses before entering your home. Leave as many things in your car as you can.
- Avoid physical contact with others in your home until you can change clothes and shower.
- Store laundry in a hamper or on a washable hard surface.
- Do not shake dirty laundry or empty onto soft surfaces like bedding or couches.
- Wear disposable gloves when handling laundry and wash hands immediately upon removing gloves.
- Wash clothing in the warmest water allowable for the garment.
- Disinfect your home regularly, focusing on frequent touch points including door knobs, remote controls, tablets, light switches, counter tops and tables, handles, sinks.