

# Returning home after work

## Stopping the spread of COVID-19 from work to home

To stop the possible spread of COVID-19, it is important that when you return home after work, you take all the necessary precautions to ensure that you and everyone in your bubble are safe. Here are four simple guidelines to follow:



### No touching

When you return home, try not to touch anything until you have cleaned your hands properly.



### Shoes

Remove your shoes, do not walk through the house with them on - leave them outside.



### Items

Leave non-essential items at work and disinfect items you have used at work that you have to keep with you, e.g. mobile phones.



### Clothes and bags

Place your clothes and bags in a container and wash in a hot washing machine cycle.



### Shower

Have a shower and make sure to clean your hands, wrists, arms, neck, nails and areas that might have been exposed.