

# ARRIVING HOME SAFELY



## BEFORE LEAVING WORK -

Shower if possible and change out of work clothes and place work clothes in carrier bag.



## ARRIVING HOME -

If travelling by car, wipe steering wheel, controls and door handles.



## AT THE FRONT DOOR

Pause. Breathe. Reset. Take your time



## KNOCK ON DOOR -

Open from the inside – step in or if you must open your door yourself, remember to wipe down your door handle



## SHOUT HELLO -

To loved ones. No cuddles or hugs yet!



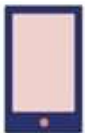
## PLASTIC BOX AT DOOR -

Take off your work clothes, shoes, coat, bag, keys, pens and glasses. Wipe down with damp soapy water.



## WASH YOUR WORK CLOTHES -

put your work clothes immediately into the wash on a normal wash cycle.



## PHONE -

Kept at work in clear zip lock bag or wrap with cling film. Empty out of bag into box – wipe phone clean and throw the bag or cling film away.



## WORK BAG -

Must be machine washable – keep in a locker at work and a box by the front door at home.



## WALK STRAIGHT TO SINK / SHOWER-

Don't touch doors, get someone else to open them for you. Wash or shower especially hands, arms and face with soap and water.



## YOU ARE CLEAN -

Relax and enjoy your time away from work.