# ARRIVING HOME SAFELY



#### **BEFORE LEAVING WORK**

Shower if possible and change out of your work clothes





**ARRIVING HOME**Wipe steering wheel, controls and door handles

#### AT THE FRONT DOOR

Pause. Breathe. Reset. Take your time





## KNOCK ON THE DOOR Open from the inside – step in

### **SHOUT HELLO**





#### PLASTIC BOX AT THE DOOR

Drop off your work/commute shoes, outer clothes/coat/bag, keys, pen, and glasses. Wipe down with damp soapy cloth





#### **PHONE**

Kept at work in a clear zip lock bag. Empty out of bag into box – wipe phone down and throw the bag away

#### **WORK BAG**

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





#### WALK STRAIGHT TO THE 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 hot water

