

Arriving Home Safely



before leaving work: shower if possible and change out of work clothes.



arriving home: wipe steering wheel, controls and door handles.



at front door: pause Breathe. Reset. Take your time.



knock on door- open from inside - step in.



shout hello to loved ones. No cuddles yet!



plastic box at door: doff- work/commute shoes. Outer clothes/ coat / bag. Keys, pens and glasses wipe down with damp soapy cloth.



phone - kept at work in clear zip lock bag- empty out of bag into box- wipe phone clean and throw bag away.



work bag- machine washable- keep in locker at work and box by 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 hot water.



you are clean. **Relax. Enjoy your evening.**