Health and Safety at Home
Tips for Essential Workers

On your way home.
- Clean surfaces in your car.
  - Like seat belts, steering wheel, gear shifter, control knobs, and door handles.
- Use hand sanitizer after leaving your car or bus.
- Check your temperature.
  - If you have a fever, decide if you should isolate from your family to keep them healthy.

As soon as you get home.
- Take your shoes off at the door.
- Wash your hands for 20 seconds with soap and warm water.
- Put your clothes in the laundry.
  - Wash with regular laundry soap. Dry at high temperature.
- Take a shower.
- Clean and disinfect your cell phone and other equipment.
  - Use a damp paper towel to remove visible dirt.
  - Use a disinfectant wipe or a solution with at least a 70% alcohol to remove germs.
- Store or throw away mask.
  - Follow workplace directions to store or throw away.
  - If you take it home, store in a breathable container.

At home.
- Wash your hands often.
- Cover coughs and sneezes with an elbow or tissue.
  - Throw away the tissue and wash your hands.
- Protect family members over 65, pregnant, or with weakened immune systems.
  - Keep 6 feet away from them as much as possible.
- Have one person do grocery shopping and other errands.
  - Don’t use reusable bags unless they’re washable.
- Clean and disinfect bathrooms, kitchens and surfaces people touch often.
  - View EPA-approved COVID-19 cleaning products.
- Go for walks and get outdoors.
  - Keep 6 feet away from people who don’t live with you.
- Contact your healthcare provider if you have:
  - Fever, chills, cough, shortness of breath, fatigue, muscle pain, headache, new loss of taste or smell, sore throat, stuffy or runny nose, nausea, vomiting, diarrhea.

Plan ahead.
- Talk with your support system early on.
  - Decide how you will isolate if you start to show symptoms.

Keep you and your family safe from COVID-19.
Learn more and stay updated at tpchd.org/coronavirus.