

How to go safely from work to home during COVID-19.



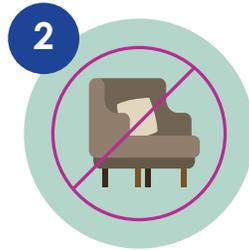
For your ride home:

- If possible, wash or disinfect your hands before you leave.
- Limit the number of passengers.
- Avoid touching surfaces.
- Practice physical distancing.
- Wear a mask if you ride home with others.

When you arrive home:



1 Before entering your home, remove your shoes and spray them with disinfectant. Make sure to disinfect both the tops and bottoms.



2 When you enter your home, avoid touching any surfaces and sitting on chairs or other furniture.



3 Disinfect other objects you've touched during the day, such as your cellphone, glasses, and keys.



4 Throw away any used disposable masks and unneeded papers or receipts.



5 Go to where you can remove your clothes and place them in the washer or in a laundry bag.



6 If you use a cloth mask, wash it in a washing machine or by hand.



7 Take a shower or bath. If bathing isn't possible, wash your hands, arms and face with soap and warm water.



8 Put on clean clothes.



9 Now you can safely spend time with your family.

* Some family members may be at higher risk of COVID-19 due to age or underlying health conditions. These tips and practicing additional safe behaviors, like keeping 6 feet apart when possible, can help protect everyone.

COVID-19 SAFETY TIPS



Make it a habit.



Wash your hands with soap and water for 20 seconds, often.



Cover your coughs and sneezes with your sleeve or a tissue. (And immediately throw away used tissues.)

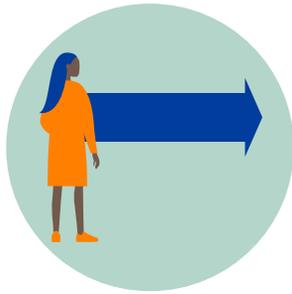


Clean the things you touch a lot—like doorknobs and light switches.

Remember the basics.



Consider staying home, unless you're going out for the essentials.



Stay 6 feet away from others when you have to go out.



Wear a mask over your mouth and nose when you go out.

Keep your reusable mask clean.



Don't touch your face while wearing a mask.



When done using, take your mask off and immediately wash it or put it in your laundry bag.



Wash your mask in hot water after every use.

Know the signs of COVID-19.

- Coughing
- Difficulty breathing
- A fever
- Experiencing chills and/or shaking
- Muscle pains
- Headaches
- A sore throat
- A loss of taste or smell