

ARRIVING HOME SAFELY



BEFORE LEAVING WORK

Shower if possible and change out of your work clothes

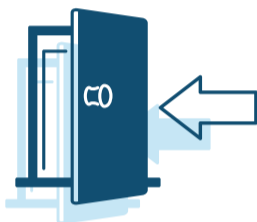


ARRIVING HOME

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



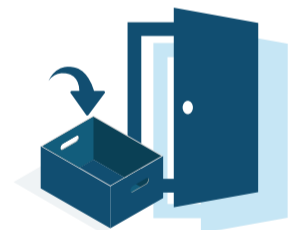
SHOUT HELLO



WASH YOUR HANDS

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

REST

Take time to practice self-care

