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