



Attention Front-Line Employees: Returning Home COVID-19 Checklist For Front-Line Employees Important Steps to Help Safeguard the Health of You and Your Family

Are you a front-line employee who is required to work onsite? If so, please read the [Returning Home COVID-19 Checklist for Front-Line Employees](#). It contains important tips on what to do when returning home from your worksite as well as additional ongoing guidance.

Returning Home COVID-19 Checklist for Front-Line Employees

All Montgomery County Employees returning to their worksites are encouraged to take the following actions to protect themselves and their family members during the COVID-19 crisis **immediately upon returning home:**

- 1. Remove your shoes and store them near the entrance of your home to avoid contaminating surrounding areas. You may find it helpful to keep a basket near your entrance to store shoes only.
- Take care not to touch your face.** If you are wearing a mask or face covering, do not touch it until you have washed your hands to save the spread of germs to your face.
- 2. Remove your bag, mail, shoes, and items located before you if so they can be contained in a bag/wallet outside your home or at the entrance of your home.
- 3. Thoroughly wash your hands with soap and water for at least 20 seconds.
- 4. If you are wearing a mask or face covering, you may also need to clean your face as a second to the after-removal of a soiled mask.
- 5. Avoid contact with other people, especially other members of your household.
- 6. Remind your cell phone and other electronic devices to clean them as well. Follow the manufacturer's instructions to clean them. These devices often do not get cleaned in your home.

Additional Guidance:

- Clean all high-touch surfaces in your home with a disinfectant recommended for use in your home.
- Dirty clothing should be placed in the nearest washable area near you.
- Wear disposable gloves when handling mail or other items and other contaminated items.
- For more information on disinfecting surfaces, visit <https://www.ecdc.europa.eu/en/covid-19/handling-contaminated-surfaces-and-items>.
- Notify household and household members of what you have done to protect the area and avoid touching their face with unwashed hands when at work and home. Remind them to wash their hands.
- Avoid going to work, shopping, or meeting.
- Attend to your recovery.
- Before visiting or contacting local health care centers or people, especially high-risk individuals.