



# Returning Home COVID-19 Checklist for Front-Line Employees

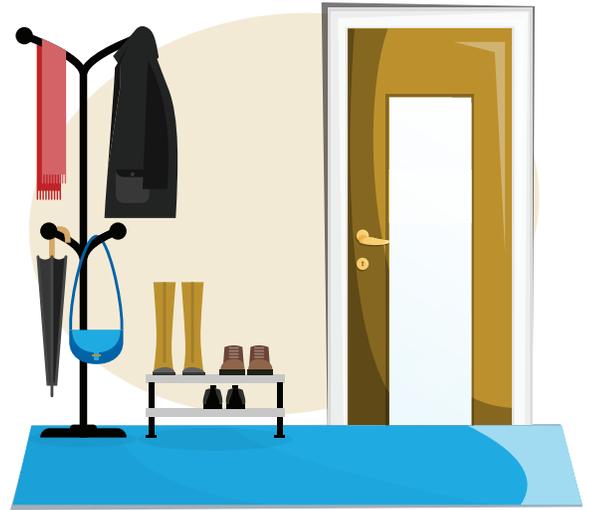
Front-Line Employees returning from their worksites are encouraged to take the following actions to protect themselves and their family members during the COVID-19 crisis.

## Immediately upon returning home:

- 1. Remove your shoes and outer clothes near the entrance of your home to avoid contaminating surrounding areas. You may find it helpful to keep a basket near your entryway to place dirty clothing.

**Take care not to touch your face.** If you are wearing a mask or face covering, do **not** remove it until you have washed your hands to avoid the spread of germs to your face.

- 2. Place your bag, cell phone, and other loose belongings that may be contaminated in a designated space near 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 now remove it. Wash your hands a second time after touching the soiled mask.
- 5. Take a shower prior to close contact with other members of your household.
- 6. Remember that your cell phone and other electronic devices may be contaminated. Follow the manufacturer's instructions to disinfect these devices prior to using them in your home.



## Additional Guidance:

- Clean all high-touch objects and surfaces in your home with EPA-registered disinfectants on a daily basis.
- Dirty clothing should be laundered at the warmest appropriate water setting.
- Wear disposable gloves while handling dirty laundry and other contaminated items if possible.
- For more information on preventing exposure, visit: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- Front-line workers and household members should wash hands regularly throughout the day and avoid touching their face with unwashed hands while at work and home. Key times to wash hands include:
  - After blowing nose, coughing, or sneezing
  - After using the restroom
  - Before eating or preparing food
  - After contact with people, animals, or high-touch surfaces