

# Health and Safety at Home

## Tips for Essential Workers



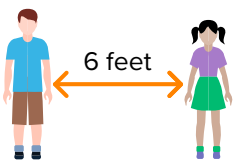
### On your way home.

- **Clean surfaces in your car.**
  - Like seat belts, steering wheel, gear shifter, control knobs, and door handles.
- **Use hand sanitizer after leaving your car or bus.**
- **Check your temperature.**
  - If you have a fever, decide if you should isolate from your family to keep them healthy.



### As soon as you get home.

- **Take your shoes off at the door.**
- **Wash your hands for 20 seconds with soap and warm water.**
- **Put your clothes in the laundry.**
  - Wash with regular laundry soap. Dry at high temperature.
- **Take a shower.**
- **Clean and disinfect your cell phone and other equipment.**
  - Use a damp paper towel to remove visible dirt.
  - Use a disinfectant wipe or a solution with at least a 70% alcohol to remove germs.
- **Store or throw away mask.**
  - Follow workplace directions to store or throw away.
  - If you take it home, store in a breathable container.



### At home.

- **Wash your hands often.**
- **Cover coughs and sneezes with an elbow or tissue.**
  - Throw away the tissue and wash your hands.
- **Protect family members over 65, pregnant, or with weakened immune systems.**
  - Keep 6 feet away from them as much as possible.
- **Have one person do grocery shopping and other errands.**
  - Don't use reusable bags unless they're washable.
- **Clean and disinfect bathrooms, kitchens and surfaces people touch often.**
  - [View EPA-approved COVID-19 cleaning products.](#)
- **Go for walks and get outdoors.**
  - Keep 6 feet away from people who don't live with you.
- **Contact your healthcare provider if you have:**
  - Fever, chills, cough, shortness of breath, fatigue, muscle pain, headache, new loss of taste or smell, sore throat, stuffy or runny nose, nausea, vomiting, diarrhea.



### Plan ahead.

- **Talk with your support system early on.**
  - Decide how you will isolate if you start to show symptoms.

Keep you and your family safe from COVID-19.

Learn more and stay updated at [tpchd.org/coronavirus](https://tpchd.org/coronavirus).