

# ARRIVE HOME SAFE



## BEFORE YOU LEAVE HOME

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- Dress in casual clothes and pack your uniform in a machine washable work bag
- Put your phone in a clean, clear, zip lock bag



## WHEN YOU ARRIVE ON SHIFT

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- Change into your work uniform and store casual clothes and other personal items in your locker, a plastic bag or safe area (not your washable work bag)
- When you finish your shift, if possible, shower before changing back into casual clothes. Either leave uniform at work or bring home to wash in machine washable work bag



## ARRIVING HOME

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- Take a moment for yourself before entering your home - breathe and reset
- Wipe surfaces in your car, including steering wheel, gears, controls and door handles
- Leave shoes, outer clothing, bag, glasses and keys in plastic box at your front door. Empty phone from zip lock bag and throw away bag. Wipe glasses, keys and phone with damp soapy cloth
- If you live with others, knock on the door and have them open from inside
- Greet loved ones with a 'hello', but importantly, no hugs or kisses (yet)
- Go directly to shower or sink (but have someone else open doors for you, if possible) wash your face, hands, and arms with hot water and soap



## RELAX, AND ENJOY YOUR EVENING

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- Take a break from the news, take care of your body, connect with your friends and family, and make time to unwind