

Protecting Your Family While Helping Others

If you're an essential worker, especially one working in healthcare, you may have anxiety about bringing illness home with you. We have tips to help keep you and your family safe.

Wash Your Hands.

Before you leave work, wash your hands.

Sanitize Your Hands.

Think of the things you touched as you left work. Keep hand sanitizer on a keychain or attached to your bag and sanitize your hands after leaving work.

Quarantine Your Work Items.

Place your bag, keys, phone, name badge and other work items in a bin rather than on a counter others in the home may use. Disinfect these items daily.

Designate a Space at Home.

Remove your work clothes and shoes in a mudroom or garage before entering your home. Keep work clothes separate from other clothes to prevent contamination.

Disinfect Your Car Often.

Be sure to sanitize the places you touch including the steering wheel, blinker, mirrors, door latch, seatbelt and armrests.

Limit Physical Contact.

Explain to younger children why this is important. Have them help you create new homecoming rituals to replace hugs and kisses.