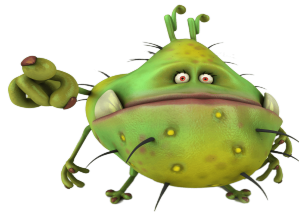


## Covid-19 Information & Guidance

### How to Leave Coronavirus Behind



#### Prepare for work

- If you typically wear jewelry, a tie, a watch, or other nonessential accessories, leave them at home.
- If you have medium or long hair, wear it pulled back.
- If you wear contacts, consider wearing glasses to decrease the need to touch your face and to offer a barrier.
- Prepare clean clothes and shoes to change into after work. Take them with you if you can change at work.
- Remove nonessential items in your car, and stock the car with disinfecting wipes to make it easy to wipe down key surfaces after traveling home.
- Have hand sanitizer available and use after touching any surfaces.

#### Before leaving work

- If possible, shower and change into clean clothes and shoes before heading home.
- Put dirty clothes and shoes into a bag for soiled clothing. Consider using a cloth bag you can wash along with your dirty clothes each day.

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- Wash your hands or use hand sanitizer after removing work clothes and before touching clean clothes.

### **When you arrive home**

- If you were unable to change clothes before leaving work, change in an isolated location (e.g., garage, mudroom, laundry room).
- Do not wear shoes from work into your home. Clean them, top and bottom, with disinfecting wipes.
- Wash clothes worn at work using your usual laundry detergent.
- Wash or safely discard dirty clothes bag.
- Wash hands after handling dirty clothes and shoes.
- Shower before interacting with your family.

**[www.arcsomd.org](http://www.arcsomd.org)**

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