RETURNING HOME
RECOMMENDATIONS FOR ESSENTIAL WORKERS

Recommendations before entering your home:
- **Remove OR change shoes**
- If these shoes must be worn the next day, disinfect with a household disinfectant
- Leave all unneeded items outside or in a designated place

Upon entering your home:
- **Wear an outer garment** (e.g. a jacket) OR **change your clothes** (launder items worn in public, including cloth face mask, if worn)
- If you've been in close contact with others, consider taking a **shower**
- **Wash hands** with soap and water for at least 20 seconds
- **Disinfect frequently used items** (e.g. phone, keys, ID badges, door knobs, steering wheel/car, glasses, etc.)

COVID-19 SPREADS THROUGH CLOSE CONTACT

Monitor yourself and members of your household for signs & symptoms of COVID-19:

- **Take your temperature twice daily** + monitor for signs of fever.
  - Must be at least 30 minutes after eating, drinking, or exercising
  - Wait 6 hours after taking fever-reducing medications
  - Clean thermometer with soap and water after each use

- **Stay home if you become sick.** Isolate yourself from others. Leave only to seek medical care.

- **Maintain a distance of at least 6 feet from others** *social-distancing*

Protect the health & safety of others:
- **Wash hands with soap and water for at least 20 seconds**
- If soap and water are unavailable, use a **hand sanitizer with at least 60% alcohol**
- **Avoid close contact with others** + do not share cups or eating utensils
- **Disinfect high-touch surfaces** often
- Get plenty of sleep, eat nutritious food, drink plenty of fluids, be physically active, and manage stress

**Most who become sick have mild symptoms and can safely recover at home.**

If you develop emergency warning signs for COVID-19, get medical attention immediately. These signs may include*:
- Trouble breathing
- Pain or pressure in your chest
- Confusion or inability to arouse
- Bluish lips or face

* Consult a healthcare provider about any other symptoms that are concerning or severe.

If your symptoms progress, contact a health care provider. IF AN EMERGENCY, CALL 911.

For more information visit our website at www.gchd.us/coronavirus and follow us on Facebook!

Last updated: 04/14/2020