

# C VID-19

## DON'T BRING IT HOME



No wallet.  
Card + Drivers  
license in a  
ziploc bag



Leave pen at  
work.  
Frequently coat  
with alcohol.



Minimalist  
clothes. Cheap  
shoes. Leave  
outside the  
house.  
Plastic theatre  
shoes/boots..



Avoid eating in  
communal  
spaces. Bring  
drink bottle. No  
keep cups at cafe



Bring your own  
food in a  
reusable  
shopping bag to  
wash



No case. Wipe  
down often with  
alcohol. Leave in  
scrub pocket.  
Consider ziploc  
bag



No hands where  
possible - kick  
doors. Use gel.



End of the day -  
thorough hand  
and arm wash.  
Gel phone. Leave  
pen behind



When you get home:  
- Shoes off outside  
- No hugs  
- Clothes off at the front door + immediate hot shower  
- Hot wash work clothes + reusable bag