



Guidance Note

Reducing risk between work and home

Reduce coronavirus risk between work and arriving at home

While there is no formal guidance from PHE on what non-health care workers should do when returning home from work, useful precautions include:

At the beginning of your working day or shift, leave all non-essential items at home: take only what you need to work (such as change of clothes, ID, cash/card and food) to decrease the risk of contamination when you return home (by reducing what needs to be kept clean).

Returning *home from work*...

- wherever possible, change your clothes and shoes before leaving work or before entering your vehicle or home e.g. leave work shoes in a safe place (e.g. garage).
- re-usable protective equipment (PPE) should be carefully and safely handled and thoroughly cleaned after use. It must not be shared
- any single-use PPE should be safely disposed of so that it cannot be reused – do not bring single use PPE into the home and, ideally, not even into your vehicle
- clean tools, phones, pens, credit cards, or anything else that you brought to work (soap and water, or sanitiser or anti-bacterial wipes can be effective)
- if driving, then clean/wipe your steering wheel and vehicle door handle.
- use a hand sanitiser or hand wipe before entering your home or, if these are not available, wash your hands thoroughly as soon as you get home.

If you are working in a healthcare or other higher risk work setting, then you should seek further advice from your line manager or supervisor, or from PHE or the healthcare client.

