

KEEPING YOUR FAMILY SAFE FROM COVID-19

TIPS TO STAY SAFE WHEN YOU GET HOME FROM WORK

With all of the preventative measures that are taken on the jobsite to protect you from exposure to COVID-19, when you return home there are additional proactive measures that you can take to keep your home virus-free. Consider the following tips:



- Leave your shoes outside or clean them with a disinfectant wipe before bringing them into the house.
- Store worn work clothes in a separate bag or hamper and wash clothes on the hottest setting, preferably using a detergent that contains bleach.
- Clean your cell phone and devices regularly. Avoid holding your cellphone close to your face; use the speakerphone or earbuds.
- Avoid touching your face and cover coughs and sneezes with a tissue or elbow.
- Wash your hands for 20 seconds with soap and water as soon as you arrive home.
- Clean high-touch surfaces, like doorknobs, tables and handrails, with disinfecting wipes or spray regularly with a disinfectant.
- Don't pick up your children or handle your pets until you have disinfected, changed your clothes and showered.
- Don't share hand or body towels with other household members. Change towels and bedding regularly, and wash towels, bedding and underwear in hot water.
- Open a window or run the air conditioner to help keep the air healthier.



Sources: Associate Builders and Contractors, CDC

CARING FOR SOMEONE WHO IS SICK WITH COVID-19

Many people with COVID-19 can recuperate at home for 14 days. Before someone falls ill, it is important to create a household plan to protect your health and the health of those you care about. Planning considerations may include:

- Choosing a room in your home that can be used to separate sick household members from those who are healthy.
- Having the sick household member disinfect the bathroom after use, if possible.
- Dedicating soap, towels, bedding, etc. to be used by the sick household member.
- Handling and washing their dishes, utensils, towels or clothes in hot water while wearing gloves.
- Bringing food and drink to their door instead of having them move through the house.
- Placing used tissues in trashcans with plastic liners or a plastic bag.
- Washing your hands after touching something used by the sick household member.
- Communicating by video chat or phone.
- Providing your sick household member with clean disposable facemasks to wear at home, if available.



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