

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:



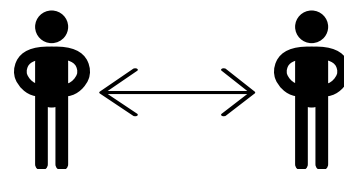
Take your **temperature twice daily** + monitor for signs of fever.

- 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.



Genesee County
Health Department
Your Health. Our Work.



@GeneseeCountyHealthDepartment

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

Last updated: 04/14/2020