Don't Bring It Home

- Don't bring a wallet or handbag to work. Place cards, cash & drivers license in a Ziploc bag.
- Leave a pen at work & clean it often with hand sanitiser.

- Wear minimalist clothes & aim to leave as many items you use at work outside your home.
- Avoid eating in communal spaces. Only drink bottled water, & don't use reusable coffee cups.

- Bring your own food in a reusable, washable shopping bag.
- No case on your phone & wipe it down often with hand sanitiser. A Ziploc bag makes a good protector.

- Where possible, no hands! Use elbows or knee to push doors. Sanitise hands regularly.
- At end of the day wash your hands, arms & face. Use sanitiser to wipe down phone & leave as many items as possible in work.

- When you get home, no hugs. Shoes off outside. Clothes off & shower immediately. Wash clothes & reusable bags @ 60°C.

HSE Workplace Health & Wellbeing Unit