

COVID-19 Checklist for High-Risk Workers Returning Home

Protecting Against COVID-19

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that essential employees in healthcare and other high-risk settings take the following actions to help protect their households from COVID-19:

- Before leaving your workplace, wash your hands or use hand sanitizer. Refrain from touching doors and other high-touch surfaces as you exit.
- If possible, change shoes before entering your car and place them in a plastic bag until they are cleaned disinfected. If you are unable to remove shoes prior to entering your car, remove them before entering your home and leave them outdoors until disinfected.
- Remove clothes outside or in a garage and place them in a plastic bag. Do not touch anyone or anything. Immediately shower.
- Only take necessary electronic devices to work and only bring necessary electronic devices home. Disinfect all electronics per the manufacturer's instruction prior to using them at home. If there are no instructions, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry thoroughly. Put drying cloth in a plastic bag.
- Only take other items to work if necessary. Only bring items home if necessary. Disinfect car keys, pens, watches, jewelry, etc.
- Use plastic gloves when handling laundry. Do NOT shake dirty laundry. Wash laundry on the hottest setting appropriate and dry thoroughly.
- Clean all high-touch surfaces, such as light switches, counters, tabletops, doorknobs, bathroom fixtures, soap dispensers, toilets and toilet handles, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have body fluids on them.
- Follow standard precautions to protect yourself and encourage other household members to do the same.
 - Wash your hands for at least 20 seconds with soap and water. Do this often, especially after

- being in contact with high-touch surfaces or other people.
- Keep at least 6 feet between yourself and others whenever possible.
- Avoid touching your eyes, nose, and mouth.



If someone in your home becomes sick with suspected or confirmed COVID-19:

- Have the person self-isolate in a separate room and use a separate bathroom, if available, to prevent the spread of infection to other family members.
- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

Additional Resources:

CDC: How Coronavirus Spreads: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>.

CDC: Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>.

CDC: Disinfecting Your Home: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>.

CDC: Protect Your Family: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/protect-family.html>.

CORONAVIRUS DISEASE 2019 Ohio

Department
of Health

Protect yourself and others from
COVID-19 by taking these precautions.

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME



PRACTICE
SOCIAL
DISTANCING



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS

For more information, visit: coronavirus.ohio.gov