

## COVID-19 Checklist for Essential Workers Returning Home

### Protecting Your Family Against COVID-19

***With Ohioans working at essential businesses (like grocery stores, gas stations, pharmacies, etc.) during this pandemic, some may be worried about the risk to those who live with them who may be exposed if there had been exposure to the virus in the workplace.***

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that any essential employees returning from work take the following actions to protect their household members:

- Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have body fluids on them.
- While at home and work, make sure to follow standard precautions to protect yourself, and encourage your household members to do the same.
  - Wash your hands for at least twenty seconds with soap and water. Do this often, especially after being in contact with high-touch surfaces or other people.
  - Always keep at least six feet between yourself and others if possible.
  - Avoid touching your eyes, nose, and mouth.
- Encourage your employer to follow guidance from the CDC and Ohio Department of Health to prevent the spread of infection in a workplace. Follow standard rules like:
  - Cleaning high-touch areas often.
  - Keeping employees six feet away from each other and customers, if possible.
  - Screening employees for symptoms (e.g., fever, cough, shortness of breath) before starting work.
  - Sending home any employee who has symptoms (e.g., fever, cough, shortness of breath).
- If you or your loved ones believe you may have COVID-19, the sick household member should:
  - Self-isolate alone in a separate room and use a separate bathroom than the rest of the family, if available, to prevent the spread of infection to other family members.

- Prohibit visitors who do not have an essential need to be in the home.
- Avoid sharing household items: you should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items.

For additional information, visit [coronavirus.ohio.gov](https://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](https://coronavirus.ohio.gov).



STAY HOME



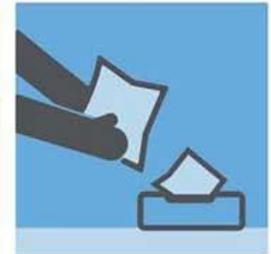
PRACTICE  
SOCIAL  
DISTANCING



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](https://coronavirus.ohio.gov)