When you come home try not to touch anything

Remove your shoes

Leave your bag, purse, wallet, keys, etc. in a box at the entry of your home

Remove your clothes and place them in a bag to be washed

Have a shower. If you can’t, wash all exposed areas. Hands, wrists, arms, neck, nails, etc.

When you come home try not to touch anything

Remove your shoes

Leave your bag, purse, wallet, keys, etc. in a box at the entry of your home

Remove your clothes and place them in a bag to be washed

Have a shower. If you can’t, wash all exposed areas. Hands, wrists, arms, neck, nails, etc.

Put on gloves and wash your mobile phone and glasses with hot soapy water or alcohol (disinfectant)

Clean all the surfaces of whatever you brought from outside with the bleach solution, before storing it

Carefully remove and dispose of your gloves then wash your hands

Remember, it is not possible to carry out complete disinfection

The goal is to minimise the risk of infection

Prepare a disinfectant solution

20ml bleach + 1 litre water

Prevent a disinfectant solution