

Entry to your home after exposure to a public place

Since removal of the curfew in the daytime in most parts of the country, and practical difficulties of social distancing, it is important to try and reduce the possibility of contamination with the COVID virus in your home. The following measures (where possible) would help you to reduce risk of infection to yourself and others who live in your household.

1. Do not go out of your house unless it is essential
2. Minimize entry to your house. Only those who live in your house should come into the house. If anyone else has to come into the house, they too should follow all the measures given below.
3. Take the minimum of items with you when you leave your house.
4. Remove masks on entry to the house. Have a designated bowl or bag for the masks which should be either discarded (surgical masks with a metal piece) or boiled for 10 minutes before reuse.
5. Have a designated place to leave whatever you are holding in your hands. This includes car keys, masks, purses, groceries etc. Decontaminate items which need to be reused either by washing with soap and water (eg: car and house keys) or with 70% alcohol wipe (eg: purses). Leave footwear outside the house or in a safe place, away from small children and house pets.
6. Immediately (without touching anything) go straight through to the sink and wash your hands for 20 secs using soap and water.
7. Change clothes and either wash the worn clothes immediately or place them in a bag which can be kept closed until the clothes can be washed.

Reason for this is that if there were many people in the public place and social distancing was not maintained, clothes too could be contaminated with the virus and could contaminate other places in the house)

8. Rewash hands after changing clothes, putting away whatever has been bought,
9. Remember – masks must not be reused until they have been decontaminated by boiling.

Reason: The outside of the mask might be contaminated and will contaminate the inside of the mask as well as anything else the mask comes into contact with. If going out again the same day, a new mask must be worn.

10. Help one another to be careful about not touching your face

Reason: it is very easy to spread the virus through contact with someone else who may be quite well and is excreting the virus or through whatever that person may have touched. We can then pick up the virus on our hands and transfer it to our nose, mouth or eyes, thereby infecting ourselves and we can also transfer the virus to other people and other places!