A Day in the Life: Daily Hygiene Protocols to Prevent COVID-19

**Prior to Leaving Home...**
- Self-monitor for COVID-19 symptoms. If sick, stay home.
- Wear a face-covering at all times during your commute to campus.

**Wash hands with soap and water for 20 seconds, before and after using a restroom.**
- Clean and disinfect common areas and “high touch” surfaces throughout the day, as needed. Disinfect shared equipment after each use.

**Before Departing for Home...**
- Wash hands with soap and water for 20 seconds after arriving home. Safely remove and launder (hand wash) your cloth face covering, and store.
- Wear a face-covering at all times during your commute to home.

**Arriving @ Home**
- Wash hands with soap and water for 20 seconds after arriving home. Safely remove and launder (hand wash) your cloth face covering, and store.
- Wear a face-covering at all times during your commute to home.

**Upon Arriving @ your Workplace...**
- Wash hands with soap and water for 20 seconds. Clean your workstation, re-wash hands. Use hand sanitizer (min. 60% alcohol) if soap and water are unavailable.
- Before eating and drinking, wash/sanitize hands. Remove your face-covering without touching the outside and keep it in a bag. Wash/sanitize hands after eating and replace your face covering.
- Maintain safe physical distancing (6 feet) whenever possible.
- Continue monitoring symptoms and wearing a face covering.

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