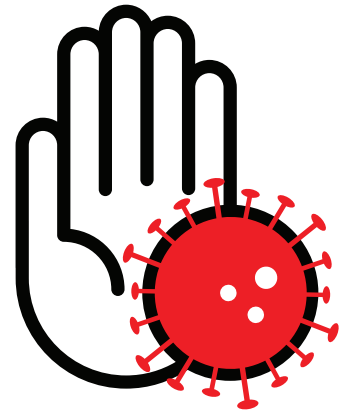


TIPS FOR PROTECTING YOU & YOUR FAMILY AFTER YOU LEAVE WORK

The following are recommendations only.



- 1** Leave your work shoes at work.
Wear a different pair home.
- 2** Consider bringing your scrubs to work, changing at work, and wearing your street clothes back home (carry your dirty scrubs home in a plastic bag).
- 3** If you do not want to change at work, change out of your work clothes before entering your home (in the garage, or immediately inside your front door).
- 4** Wash your work clothes in a separate load in hot water.
- 5** Take a shower as soon as you get home.
- 6** Wipe down everything in your car frequently.
- 7** Leave your badge in your car, and wipe it down at least once a day.
- 8** Wipe your phone with an alcohol wipe multiple times a day.
- 9** Give yourself a break. You have worked hard and you deserve 5 minutes of peace.
- 10** Accept help. We have very unique jobs that are mentally and emotionally demanding (as well as physically). There is no reason to feel guilty about asking for help. Talk to someone.

