

## Is Your Home Coronavirus-proof?

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When family members leave home for essential trips to work, the grocery store, pharmacy or gas station, you may be concerned that coronavirus (COVID-19) could return with them. According to the World Health Organization, coronavirus may persist on surfaces from a few hours up to several days. Here are a few tips to help prevent germs and the virus from coming inside.

When arriving back at home:

- Leave shoes outside the door
- Wash hands with soap and water for 20 seconds
- Wash clothes in the warmest water possible and avoid touching your eyes, mouth or nose
- Before bringing grocery items inside your home, wipe cans, boxes and containers with disinfectant cloths. Rinse fruits and vegetables in water before storing.
- Disinfect everything you touch – doorknobs, light switches, keys, phone, keyboards, remote controls, etc.

For deliveries to your home:

- Leave boxes on the porch. Remove items and disinfect them before bringing inside.
- For takeout or food deliveries to your home, pay online when ordering to avoid the exchange of money. Wear a mask when answering the door and wipe delivery containers before bringing them inside.
- Wash your hands and disinfect surfaces touched by mail, newspaper, magazines, etc.

The Centers for Disease Control and Prevention (CDC) is now recommending that everyone who leaves the home should wear a mask in situations when social distancing may be difficult.

For additional tips on coronavirus-proofing your home, see the following articles:

- [CDC](#)
- [CNN](#)