

COVID-19 PROTECTING YOUR HOME AND FAMILY

Use these tips to help keep you and your family safe from the spread of COVID-19. Recent studies suggest that germs can live on cardboard for up to 24 hours and plastic or stainless steel surfaces for up to 3 days.



HEALTHY REYES
CHOOSE TOTAL WELLNESS

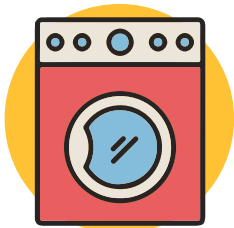
When arriving home from work or essential businesses, follow the below steps to leave any germs at the door:



Sanitize frequently touched surfaces in your vehicle each day such as the steering wheel, radio, door handles, seat belt and dashboard.



Leave easy to remove work clothing items such as shoes, jacket, etc. in your garage or outside.



Change clothes and wash them immediately or put them in the washing basket before sitting on any furniture in your home.



Take a warm shower or bath before closely interacting with members of your family



Use a diluted household bleach solution, or an alcohol-based solution with at least 70% alcohol to clean. The CDC has [created these guidelines on how to clean & disinfect households](#) against COVID-19.