

GUIDELINES FOR LIMITING EXPOSURE TO INFECTION

As our communities lift stay-at-home orders and we return to more frequent interactions, there are a number of steps you can and should continue to take as children and adults come and go from your home.

Whether making trips to the grocery store, to your worksite, to the playground, or for family visitation, these tips have proven effective in helping to limit exposure to potential infection.

- 1. Change and Wash Clothes:** <https://health.clevelandclinic.org/tips-for-keeping-your-home-clean-in-the-time-of-covid-19/>
 - Change clothes outside the home (garage or covered space outside the home) or immediately upon entering the home.
 - Immediately clean the clothes and any items taken during the visit. Use gloves when handling the clothes.
 - The CDC recommends using the warmest appropriate water setting for your clothes and drying them completely. (And save the shaking for when your laundry is clean, as it could potentially disperse germs from clothes when they're dirty.)
- 2. Wash Hands Frequently. Wipe Surfaces Regularly:** <https://health.clevelandclinic.org/tips-for-keeping-your-home-clean-in-the-time-of-covid-19/>
 - Wash your, and your child's, hands immediately upon entering the home. Your hands are what's most likely to come in contact with germ surfaces and then touch your face, which is a potential path of transmission for the virus.
 - Shower or bathe regularly, but you don't need to scrub down your whole body multiple times a day like you should your hands.
 - As a daily routine, it is a good idea to wipe down high-touch surfaces in household common areas with a disinfectant wipe - e.g. tables, hard-backed chairs, doorknobs, light switches, phones, toys, tablets, touch screens, remote controls, keyboards, handles, desks, toilets, sinks.
 - These CBC guidelines provide additional information if there is a suspicion or confirmation of illness in your home: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>
- 3. Familiarize yourself with safety measures being taken by the places you and your children visit:** [Embrace Families guidelines for face-to-face family visitation](#)
 - Along with your employer, restaurants and stores, the places that you visit should be able to readily describe the steps they are taking to reduce transfer of infection.
 - The procedures being taken by Embrace Families and our system of care partners to safeguard our children, families, caregivers and team members against infection are outlined in the document linked above.
 - Please note that, when there is a supervised visit facilitated by Embrace Families and our partners, all participants have been screened to minimize exposure from COVID-19 and the facility is cleaned between each visit to ensure the safety of all involved.