**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.

**Upon Arriving @ your Research Lab...**
- Maintain safe physical distancing (6 feet apart).
- Continue monitoring symptoms. Remove your face-mask along with other PPE; wash hands and don a face-covering for home.

**Before Departing for Home...**
- Wash hands with soap and water for 20 seconds upon 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 or use hand sanitizer (min. 60% alcohol) if soap and water are unavailable. Clean your workstation, re-wash hands. Remove face-covering (store in a bag) and replace with a surgical face-mask for work in a lab.

- Wear task-specific Personal Protective Equipment (PPE) when working in the laboratory. Refer to your LATCH for PPE requirements.
- Before eating and drinking, wash/sanitize hands. Remove your face-mask without touching the outside and keep it in a bag. Wash/sanitize hands after eating and don your face-mask.
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- Clean and disinfect common areas and “high touch” surfaces throughout the day, as needed. Disinfect shared equipment after each use.
- Wash hands with soap and water for 20 seconds or use hand sanitizer (min. 60% alcohol) if soap and water are unavailable. Clean your workstation, re-wash hands. Remove face-covering (store in a bag) and replace with a surgical face-mask for work in a lab.

- Wear a face-covering at all times during your commute to campus.
- Before eating and drinking, wash/sanitize hands. Remove your face-mask without touching the outside and keep it in a bag. Wash/sanitize hands after eating and don your face-mask.

- Wear a face-covering at all times during your commute to campus.