Step 1. When you return home, try not to touch anything

Step 2. Take off your shoes

Step 3. Disinfect your pet's paws if you were walking it

Step 4. Take off outer clothing and put in laundry bag

Step 5. Leave your bag, wallet, keys, etc. in a box at the entrance

Step 6. Shower or wash exposed areas: face, neck, wrists, forearms etc.

Step 7. Clean your mobile phone and glasses with soap and water or alcohol

Step 8. Clean surfaces of items you've brought from outside with bleach before storing

Step 9. Carefully remove and dispose gloves, then wash your hands

Step 10. You cannot totally disinfect, the objective is to reduce risk