

# What are you bringing home to your family?

## Minimize your exposure to viruses

- Practice recommended federal, state, and local guidance
- If possible, remove your uniform and disinfect your gear at the station
- If not possible, designate a safe place at your home for removing and cleaning your uniform and gear
- Shower immediately upon returning home

Reducing the risk to your family begins with you!



Visit [valorforblue.org](https://valorforblue.org) for additional Front Lines Together resources.



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<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-law-enforcement.html>

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