

How to Avoid Carrying Pathogens on Shoes



When you commute back and forth from work or go out in public spaces, even if you do your best to maintain social distancing and not to touch anything, your shoes touch the ground everywhere you go. If there are any pathogens present on the ground, they may be picked up on your shoes and tracked into your home or workplace. There are simple precautions that you can take to avoid carrying these pathogens with you.

Below are a couple of recommendations that may help you to prevent the spread of COVID-19.

Keep Spare Shoes

Keep spare shoes in your office that will only be worn at work. When you arrive to work, remove the shoes you were wearing and change into your work shoes.

Or, conversely, consider keeping shoes with you that you only wear when you go out to the grocery store or other public spaces.

Disinfect Your Shoes

If you wear the same shoes to work that you wore in public, disinfect them when you arrive to work. Before wiping your shoes with disinfectant for the first time, test the chemical on a small area to ensure it doesn't have a negative reaction with the material of your shoe.

Remove Shoes at Home

Prior to walking through your home, consider removing your shoes before tracking through your home.

Monitor Other Clothing

If there is other clothing, such as a jacket, that you wore in public that may have come into contact with other people or items, consider disinfecting or removing it before beginning work or taking it off at home.