

# Style Guide

## Post- Pandemic Back-to- Work Tips





# Blueprint for Style

## Dear Survivor:

Crazy enough to address this guide as such but you are....a survivor of a global pandemic and you need to remember that!

Also remember that in spite of how every country is addressing it, we **ARE IN THE MIDDLE OF A PANDEMIC** so you need to protect yourself and your loved ones. It can be tiring because changes to everyday life are being put upon us but, persist and persevere and stay focused.

It won't be this way forever because we're resilient **BUT**, in the meantime, here's a quick guide to help you **stay safe**.

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# NEW! Pandemic Essentials



- Mask – personal + disposable (my faves) + masks for lip reading
- Lipstain or liquid lipstick– so when you pull off your mask down, you still have a touch of glam!
- 2 video conference uniforms – they make it easy to 'be ready' and you'd be surprised how hard it is to get ready in a rush!!
- Crisp white button down – you will wear it with everything...I swear!
- Flexible/breathable bottoms – these will likely be part of your uniforms but a gentle reminder to have something that allows you to roll out on a moment's notice
- Hand sanitizer – in your car, on your person, in your workout bag, etc
- Mascara – as of today, it's the ONE thing everyone is looking at!
- Flip flops – in a messy situation, you can toss them so you don't bring nonsense into your living space!
- Sanitizing wipes – sometimes spray just isn't enough...
- Eyeglasses that pop! It's one thing everyone will see
- Emollient hand moisturizer – given how much handwashing you're doing
- Fabric sanitizing spray
- Button presser/door opener
- Pandemic pouch – for moms/caregivers on-the-go



# Back-to-Work After Lockdown

1. Get everything from the drycleaners so you know what you have!
2. Consider if you're driving or doing public transpo - you'll dress differently
3. If you're a teacher, stashing an extra t-shirt is helpful if you go from work-to-outing
4. **Purchase comfy shoes that are breathable**
5. If you're going into an office part-time, don't leave clothing items at work (or plan to sanitize them every time you go in)
6. Keep disposable masks in your desk (in a ziploc) for others...just in case
7. With disposable gloves, remember you still should not touch your face!
8. Consider a face shield if you have significant interaction with people
9. Get in the habit of washing your hands once an hour...regardless
10. Carry **tissue** - just in case you're eating [no mask] and need to sneeze, etc



## REMINDER

The MOST effective way to avoid transmission is to ensure BOTH you + the other person have a mask!



# Expert Insights....



**Social distancing, regular hand washing and face masks are the only alternatives as “herd immunity” – where those who are immune protect the most vulnerable in the population – is not feasible for coronavirus. Dr. Fauci also said that aiming for 100% herd immunity, instead of maintaining safety procedures and waiting for a vaccine in early 2021, would have dire consequences.**

**Instead, he outlined three key steps we, as a nation, should focus on:**

- 1. Outdoors is better than indoors.**
- 2. Shut down decisively to stop outbreaks.**
- 3. Contact tracing helps stop community transmission.**

**Dr. Anthony Fauci  
Director, National Institute of Allergy and  
Infectious Diseases**