

## COVID-19 Safety Tips for Drivers

According to the [Centers for Disease Control](#), the best way to prevent illness as a result of COVID-19 is to avoid exposure to the virus, which is thought to spread mainly from person to person, between people who are in close contact (within about six feet). The virus is transmitted through respiratory droplets produced when an infected person coughs, sneezes, or speaks, which can land in the mouths or noses or possibly get inhaled into the lungs of people nearby. Some recent studies suggest that COVID-19 can be spread by people who are symptomatic (showing signs of the virus) or asymptomatic (showing no signs of the virus).

**Symptoms may appear 2 to 14 days after exposure and can include:**



FEVER



COUGH



SHORTNESS OF BREATH



You can use the CDC's [self-check](#) to help you determine if you need medical care.

### OTHER RESOURCES:

[Telemedicine UrgentCare in Pilot/Flying J Travel Centers](#)

[COVID-19 video by Vox](#)

[CDC - How to Protect Yourself and Others](#)

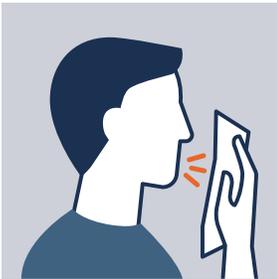
[EPA list of chemicals to use against COVID-19](#)

# How to Protect Yourself and Others



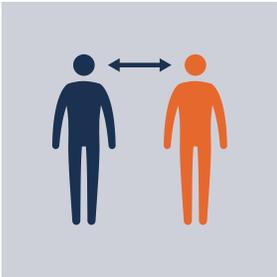
## Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



## Cover coughs and sneezes

- Cover your coughs and sneezes with a tissue, then throw the tissue in the trash, or cough/sneeze into your elbow.
- Immediately wash your hands with soap and water for a least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.



## Social/physical distancing

- Stay a least six feet away from other people.
- Do not gather in groups.
- Stay out of crowded places and avoid mass gatherings.
- When possible, stay in your vehicle and avoid going onto the dock or into offices.



## Cloth cover/mask for mouth and nose

- When in public, cover you mouth and nose with a cloth cover or mask. Launder the cloth if exposed to any coughing or sneezing from someone else.
- The cloth face cover is also meant to protect other people in case you are infected.



## Keep your equipment clean

- Before starting a shift, wipe down the surfaces you will touch with an appropriate cleaning product. Be careful not to use a product that will damage leather, plastic or infotainment screens.
- Launder bedding and clothing regularly. Avoid shaking the laundry to prevent potentially dispersing the virus in the air.
- Avoid sharing pens, clipboards, and tools.
- Ventilate the cab by opening windows periodically at low speeds.



## Three Steps to Stay Healthy During the COVID-19 Pandemic

### 1. Minimize trips to the supermarket and eat healthy

- Think nutrition. The healthiest meals emphasize whole grains, vegetables, and fruits—serve these in the largest amounts. Meat portions should be smaller—this will save money and help keep dietary saturated fat in check.
- Make a shopping list and use it! You'll be less likely to forget or impulse buy items.
- Prepare for the unexpected. Supermarkets are running low on many items. Be ready with a back-up plan if an ingredient you need is unavailable.
- Use contactless payment or credit cards. If you use the payment keypad, tap the buttons and screen with your knuckle, then use hand sanitizer after completing your payment.
- Limit food items that are high in empty calories and run up your grocery, such as chips, sodas, cookies, and ice cream.

### 2. Order takeout safely and obey restaurant curfews

- If you want to order takeout, take the order home and eat it while it's hot. Store leftovers safely by wrapping them tightly and refrigerating any dishes with meat, fish, poultry, or dairy products. Be sure to reheat leftovers thoroughly before eating.

### 3. Think positively

- A positive mindset is vital to getting through the pandemic physically and mentally healthy.
- Practice positive stress management strategies. Walk the dog, call a friend, soak in the tub, or cuddle your kids. Skip the alcohol, tobacco, and drugs.
- Stick with your routine as much as you can. Go to bed and get up in the morning on your usual schedule. Eat meals at regular times. Find ways to exercise and meditate away from the gym.