

Recommendations for truck drivers during COVID-19 – STAY SAFE



Practice social distance

Practice social distancing. Maintain a distance of 2 metres from others in case of leaving your cabin, and avoid entering closed rooms where other people are present. Takeout meals are recommended rather than eating at rest stops. Maintaining separation from others is key to stopping the spread of the virus.



Wash hands with soap

Wash your hands with hand sanitiser or wash them with liquid soap and water for at least 30 seconds every time you enter or return to your vehicle. Avoid touching eyes, ears and mouth, especially after making the deliveries.



Wear Mask and Gloves

Wear mask and gloves when at loading and unloading docks, gas stations, customer's sites and terminals.



Sign with your own pen

Sign the papers with your own pen and do not share it with anybody else. Do not forget to disinfect or wash hands and pen once done.



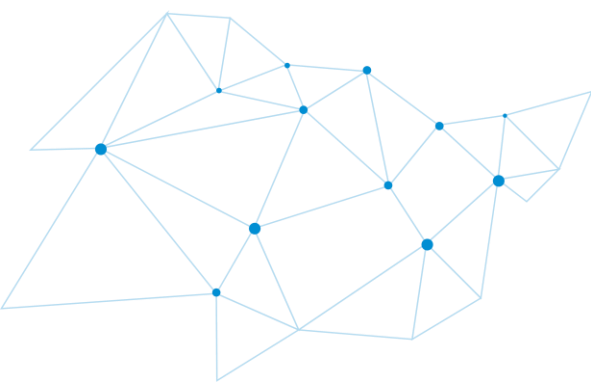
If you are feeling sick

If you are feeling sick and have symptoms of Covid-19, such as cough and/or high temperature, consider staying home. Inform your employer if required and do not leave home unless it is for medical reasons.



Follow any specific Guidelines

Follow any recommendations or guidelines given by your company and general recommendations/ instructions issued by health authorities.



BE RESPONSIBLE!
we are in this together.