

Staying safe on the road

COVID-19 information for professional drivers



KNOW THE SYMPTOMS

**COUGH OR
SNEEZE**



**SORE
THROAT**



**WEAKNESS
OR FATIGUE**



HEADACHE



FEVER



**DIFFICULTY
BREATHING**



! If you begin to experience any of the above symptoms on your journey you should immediately alert your supervisor and seek assistance at the nearest health unit.

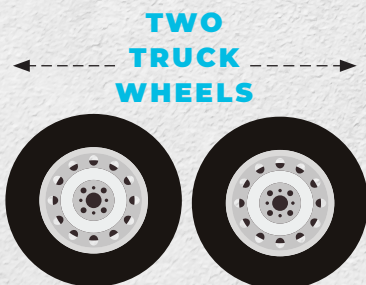
WEAR A MASK CORRECTLY

- ☒ Wear your face mask whenever other people are present
- ☒ Your face mask must cover both your nose and mouth
- ☒ Do not remove your face mask to speak to people
- ☒ Change your face mask if it becomes damp or soiled
- ☒ Wash and dry reusable face masks every day



TAKE PRECAUTIONS

**KEEP 2
METRES
APART**



**COUGH AND
SNEEZE INTO
YOUR ELBOW**



**WASH
HANDS
REGULARLY**



**CARRY AND
USE HAND
SANITISER**



SANITISE YOUR VEHICLE

Follow this checklist at the beginning and end of each shift. Remember to wash your hands after.



- | | |
|--|---|
| <input checked="" type="checkbox"/> Grab rails | <input checked="" type="checkbox"/> Radio and receiver |
| <input checked="" type="checkbox"/> Steering wheel and levers | <input checked="" type="checkbox"/> Seatbelt and seat adjusters |
| <input checked="" type="checkbox"/> Window controls and door handles | <input checked="" type="checkbox"/> Mobile phones and chargers |
| <input checked="" type="checkbox"/> Gear lever and handbrake | <input checked="" type="checkbox"/> Keys, fuel cards and pens |
| <input checked="" type="checkbox"/> Dashboard switches | <input checked="" type="checkbox"/> Any other touch points |

Use a lightly damp cloth inside of the cab. Never apply water to dashboard instruments!

REMEMBER TO DRIVE SAFELY

- ☐ Drive defensively and do not increase your speed on quieter roads
- ☐ Keep a safe distance from the vehicle in front of you
- ☐ Give plenty of space to other road users
- ☐ Take regular breaks. Never drive when tired or feeling stressed
- ☐ Be aware of pedestrians, cyclists and all other road users



GET A COVID-19 VACCINE

Getting vaccinated could save your life.

- ☒ COVID-19 vaccines are safe and effective, providing strong protection against serious illness and death.
- ☒ It is important to be vaccinated as soon as it's your turn, even if you've already had COVID-19.
- ☒ After your vaccine it is important to continue practicing safety precautions, including physical distancing, hand washing and wearing a mask.



For more information, call the Ministry of Health toll free line on: **919, 0800-100-066, 0800-203-033 and 0800-303-033** or send a free SMS to Ureport on **8500** or WhatsApp on **0770-818-139**