

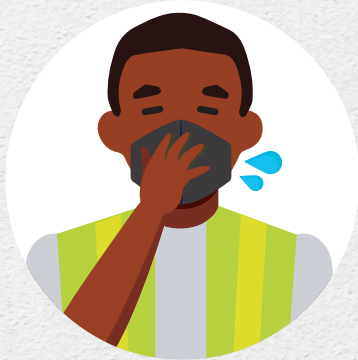
Protect yourself against COVID-19



Information for Professional Drivers working in Zambia

1 COVID-19 common signs and symptoms

It can take between 3 and 14 days for any symptoms to appear after exposure to the coronavirus. Note that some infected people do not show any symptoms at all.



COUGHING & SNEEZING



FEVER



HEADACHE



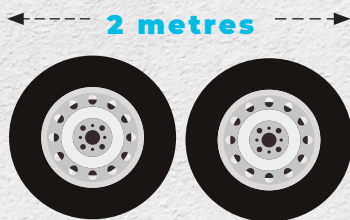
DIFFICULT BREATHING

If you suspect you have the signs and symptoms of COVID-19, go to your nearest health facility or call toll free line 909. Other health lines to call are +260974493553, +260953898941 and +26096463726

2 Reduce your risk of exposure

The virus enters the body through the mouth, nose and eyes. Social distancing, wearing a face mask and regular handwashing reduce the risk of transmission.

STAY TWO TRUCK WHEELS APART



Keep a distance of 2 truck wheels (1-2 metres) apart from other people.

Rest only in designated rest stops and avoid carrying passengers in the cab.

Whenever possible use your own pen when signing documents and avoid sharing it with others.

WEAR A FACE MASK



Wear a face mask fully covering your mouth and nose whenever moving outside the vehicle or when accompanied by anyone inside the cab.

If you are using a cloth face mask, keep it clean by washing it regularly. Do not share your face mask with other people.

WASH HANDS REGULARLY



Wash your hands regularly with soap and water or use an alcohol-based hand sanitizer.

Ensure that you have the hand sanitizer in your vehicle at all times.

COUGH OR SNEEZE INTO YOUR ELBOW



Cover your mouth and nose when coughing or sneezing with a flexed elbow or tissue.

Ensure that you have a refuse bag for dirty and used tissues to be disposed of at designated places.

3

Clean and sanitise your vehicle daily

Clean surfaces with a little soap and water at each change of driver, before commencing a journey, and after every completion of maintenance activities. Ensure to **disinfect** all frequently touched surfaces.

INSIDE

Windscreen and internal mirrors
Seatbelt and seat adjusters
Gear stick and handbrake
Steering wheel and levers
Window and door handles
Mobile phones and chargers
Dashboard, radio and receiver



OUTSIDE

Door handles and grab rails
Ratchet straps and tie downs
External side mirrors
Ladders and rails
Water containers and taps
Tool boxes and access covers
Wander leads and Susie cables

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

4

Stay alert and continue to drive safely

Do not increase speed or take risks even if there are fewer vehicles on the road.

- Drive defensively and do not increase your speed on empty 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



5

Plan ahead and stay safe

Anticipate long tailbacks at border crossings and fuel stops which will increase waiting times. Take precautions to avoid thefts.



- ✓ For cross-border drivers, ensure that you have a valid COVID-19 clearance certificate before traveling
- ✓ Check vehicle is roadworthy and has sufficient fuel before departing
- ✓ Fasten tool boxes, batteries and fire extinguishers securely
- ✓ Ensure fuel caps and water taps are kept locked
- ✓ Avoid leaving personal property such as laundry or cooking equipment outside the vehicle overnight