



**WASH YOUR
HANDS OR USE
HAND SANITIZER
REGULARLY**

Avoid touching your face
and mouth.



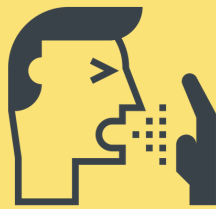
**WIPE DOWN ALL
SURFACES PRE &
POST TRIP**

Wipe down door handles,
gearshifts, steering
wheels, seats, sleeping
bunks, refrigerators, etc.



**COVER COUGHS
& SNEEZES**

Cover coughs or sneezes,
preferably with your
elbow or into a tissue.
Throw away used tissue
immediately.



**SOCIAL
DISTANCING**

Ensure a safe distance
between you and others
when interacting to
minimize contact with
germs. Avoid handshakes
and personal contact.



**PAPERWORK
PROTECTION**

When visiting shippers and
consignees, use your own
pen for paperwork and
keep it sanitized. Wear
latex gloves if available.



**STOCK UP ON
NON-PERISHABLE
GOODS**

Keep your truck stocked
with non-perishable goods
to avoid contaminated
foods from truck stops &
restaurants.



**LAUNDRY TRUCK
BED SHEETS**

Keep your truck bed
sheets, towels & clothes
clean.



**SEEK MEDICAL
TREATMENT**

Seek medical treatment
if experiencing flu-like
symptoms & please make
sure to communicate
with your driver manager.

