



Remaining Vigilant Against COVID-19

April 2021

Despite seeing encouraging signs in combatting COVID-19, we must remain vigilant in our fight to protect ourselves and others. Coronavirus disease 2019 (COVID-19) is a respiratory illness caused by a virus called SARS-CoV-2. Symptoms often include cough, shortness of breath, fever, chills, muscle pain, sore throat or new loss of taste or smell.

According to the Centers for Disease Control (CDC), the virus is thought to spread mainly from person-to-person. As a professional truck driver, you spend many hours alone in the cab of your truck, but there still are times when you will be at increased risk of exposure. Potential sources of exposure include having close contact with truck stop attendants, store workers, dock workers, other truck drivers or others with COVID-19, and touching your nose, mouth, or eyes after contacting surfaces touched or handled by a person with COVID-19.

Our understanding of how the virus spreads is evolving as we learn more about it, so check the CDC website for the latest information. In the meantime, you can protect yourself and others from contracting COVID-19 by following these simple steps:

- Limit close contact with others by maintaining a distance of at least 6 feet whenever possible
- Limit time spent outside of the cab during fueling, loading and unloading, and at rest and truck stops
- Pack food, water, and supplies to limit the number of stops
- Avoid shaking hands
- Keep your truck well-ventilated
- Wear face masks in public settings where other social distancing measures are difficult to maintain, especially in areas of significant community-based transmission
- Clean and disinfect frequently touched surfaces on a routine basis such as: In the truck cab (driver door handle, steering wheel, seat belt and buckle, arm and head rest, seat cover, turn signal, wiper controls, dashboard, air ducts, radio and temperature controls)
- Avoid touching surfaces often touched by others when outside of the cab
- Do not share personal protective equipment (PPE), such as vests, safety glasses, hard hats, tools, phones, radios or other personal items
- Get adequate sleep (7–9 hours) prior to driving

In addition to all these precautions, consider getting vaccinated. The Federal Motor Carrier Safety Administration has partnered with the CDC to announce the availability of [VaccineFinder](#). This free tool can help you find clinics, pharmacies and other locations that offer COVID-19 vaccines. As more vaccines become available in the coming weeks, the site updates with availability in your state since many locations require appointments. Click [here](#) for more information.

VaccineFinder will not tell you if you are eligible to get the vaccine as eligibility requirements vary by state. Instead, visit the [CDC website](#) to find your local health department to see if you are eligible to get the vaccine.

The NPTC Monthly Driver Safety Letter, jointly sponsored by NPTC and [Centerline Drivers](#), is a Microsoft Word document that you can print out and post as is, if appropriate, or modify any way you wish to make it a better fit for your drivers, including adding your company logo. If you are already doing an in-house letter, you may find information here that you can cut and paste into your own letter. If you are interested in specific subjects, or have any comments/feedback, contact Tom Moore, CTP, at tmoore@nptc.org or (703)838-8898.