

Limit the Spread of COVID-19 in Commercial Vehicle Operations (Updated)

Federal Safety Guidance - Transport Canada
September 10, 2020

Transport Canada has collaborated with the Public Health Agency of Canada (PHAC) to develop guidance to help protect drivers and employees working in commercial vehicle operations. This document is a follow-up to a previous communication piece put out by Transport Canada in April and has been amended to encompass up-to-date information on COVID-19.

About COVID-19

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold. Symptoms of human coronaviruses can take up to 14 days to appear after exposure to the virus, be very mild or more serious and vary from person to person.

Coronaviruses are most commonly spread from an infected person through:

- Respiratory droplets when you cough or sneeze;
- Close personal contact, such as touching or shaking hands;
- Touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands.

The best way to prevent the spread of infections is to practice good hand and respiratory hygiene, respect physical distancing, wearing a non-medical masks or face covering when physical distancing is not possible and cleaning and disinfecting high-touch surfaces.

Symptoms

Commercial vehicle drivers must diligently self-monitor for symptoms of COVID-19. Drivers with any of the following symptoms should self-isolate, stay home, and seek advice from a public health professional for information on getting tested:

- New or worsening cough
- Shortness of breath or difficulty breathing
- Temperature equal to or over 38°C
- Feeling feverish
- Chills
- Fatigue or weakness
- Muscle or body aches
- New loss of smell or taste
- Headache
- Gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- Feeling very unwell

Hand Hygiene

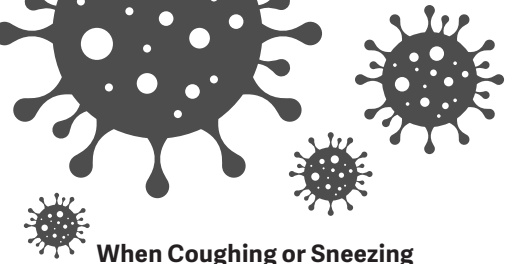
Hand washing and respiratory hygiene are important ways of interrupting this transmission.

- Wash hands regularly and whenever they become soiled:
 - Hand washing with plain soap and water is the preferred method of hand hygiene, since the mechanical action is effective at removing visible soil and microbes.
 - Hands should be washed using soap and warm water for at least 20 seconds. When drying hands, disposable paper towels are preferred.
 - If soap and water are not available, an alcohol-based hand sanitizer (ABHS) can be used as a temporary measure until hand washing can be done. ABHS containing 60-90% alcohol concentration (optimally over 70%) are the most rapidly active of all agents used in hand disinfection. However, ABHS may not be effective when there is organic material on your hands (e.g. after using the toilet). For this reason, ABHS alone should not be used on visibly soiled hands. Use wipes to remove soil, followed by ABHS.
- Avoid touching eyes, nose and mouth with unwashed hands.

Other Recommendations

Commercial vehicle drivers should be aware of the public health requirements and advice of the areas they are in and should follow local public health advice (e.g., travel restrictions, wearing of non-medical masks in various settings).

The Government of Canada has developed the ArriveCAN mobile application (app) for use prior to entering Canada to speed up arrival processing and reduce points of contact at the border. The ArriveCAN app is intended to make it easier for drivers and all individuals entering Canada to provide mandatory information that is required for entry into Canada.



When Coughing or Sneezing

- Cough or sneeze into a tissue or the bend in the arm, not into hands; and dispose of any tissues that have been used as soon as possible in a lined waste basket and wash/sanitize hands for 20 seconds afterwards.
- Face-to-face meetings should be kept to a minimum and respect social distancing requirements. To the extent possible, face-to-face meetings should be replaced with conference calls or video conferencing. Interactions with clients should also be kept as short as possible keeping in mind social distancing requirements.

Before Each Trip

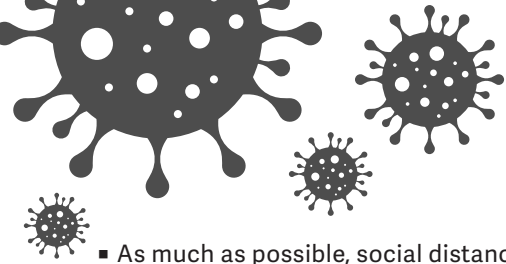
- Commercial vehicle drivers must diligently self-monitor their health. Drivers with mild cough or low grade fever (37.3°C or more) should self-isolate and stay home. Drivers should advise their employer so steps can be taken to protect co-workers.
- Make sure vehicle interiors are clean and hygienic by wiping surfaces with disinfectant. Use the following options:
 - Personal Protective Equipment (as required by the operator's health and safety protocol)
 - Disposable cloths;
 - Paper towels and absorbent materials;
 - Waste disposal bags, labels and tape;
 - Cleaning agents; and Disinfectants.
- Cleaning is a critical first step for disinfecting affected surfaces. In general, when cleaning vehicle interiors:
 - Use disposable, water-proof gloves. Avoid hand contact with the face, especially the nose and eyes. Direct contact with contaminated areas should be avoided.
 - For routine cleaning and disinfection, and for areas potentially contaminated with COVID-19, a hard-surface disinfectant authorized by Health Canada is recommended. For a list of hard-surface disinfectants for use against coronavirus (COVID-19), please see Health Canada's website.
 - Follow the manufacturer's instructions for the recommended dilution rates, contact times and conditions specific to the surface.
 - Avoid bleach except on simple plastics.
 - Don't use solvents.
 - Wipe off what you wipe on; don't leave chemicals to linger.

High Touch Surfaces in Trucks That Should be Regularly Cleaned Include but are not Limited to

- Keys or FOBs;
- Starter button on vehicles with FOBs;
- Inside and outside door handles; Inside door grab handles, pads and armrests;
- Steering wheel;
- Shift lever and console;
- Dashboard;
- Power window and power door lock switches;
- Radio and climate control buttons;
- Turn signal and wiper stalks;
- Seat and Seat adjuster;
- Touch screen; and
- Any other parts that are commonly used and that may have been touched (glove compartment, hood, trunk, van panel door handles, pick-up tailgate handle, sleeping areas, for example).
- Dispose of soiled cleaning clothes, disinfection cloths, disposable gloves and any other items in contact with respiratory tract secretions in a waste disposal bag. Wash hands when finished using proper hand washing techniques.

During the Trip

- Commercial vehicle drivers should wash their hands frequently under warm, running water with soap for at least 20 seconds, and avoid touching their faces with unwashed hands. This is especially important after coming in contact with other people or surfaces that may carry the virus. When soap and water is not available, a 60% alcohol based hand sanitizer is recommended.
- Commercial vehicle drivers should take precautions such as covering their hands when pumping gas, touching the service station door handles, or handling any automotive products that may be required when performing vehicle maintenance, such as filling windshield washer fluid and adding motor oil, if this is possible. If it is not possible, commercial vehicle drivers should wash their hands or apply hand sanitizer immediately thereafter, if available.



- As much as possible, social distancing practices should be observed, staying at least two metres (or six feet) away from other people. Commercial vehicle drivers should keep appropriate distances between themselves and others and avoid direct physical contact (including handshaking). This includes contact with customers, receiving personnel and those at rest stops. When indoors or in other situations where physical distancing cannot be maintained or as recommended by local public health authorities, commercial vehicle drivers should wear a non-medical mask or face covering.

At the End of the Trip

- Repeat a thorough cleaning of high-touch surfaces with appropriate disinfectants as described above.
- Drivers who start to experience symptoms after completing a trip should stay home, self-isolate, and advise their employer so that additional steps can be taken to protect co-workers and other drivers using the truck.
- While commercial vehicle drivers are exempt from the 14-day quarantine requirements for business purposes, when off-duty, they should abide by recommendations of local and national public health authorities, including recommendations relating to social distancing.
- Must, during the 14-day period that begins on the day on which they enter Canada, wear a non-medical mask or face-covering if they are in public settings where physical distancing cannot be maintained.

for more information about the virus

CANADA

Public Health Agency of Canada
1-833-784-4397
canada.ca/coronavirus
phac.info.aspc@canada.ca

US

Centre for Disease and Prevention
1-800-232-4636
cdc.gov/COVID19

CANADA & US

World Health Organization
who.int

COMPANY - INTERNAL QUESTIONS

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