

Top 5 Tips for Drivers: How to protect yourself from the Coronavirus while driving

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The world is currently facing an unprecedented situation with the COVID-19 (Coronavirus) outbreak. Society is enduring global healthcare, economic and food-related challenges.

While businesses incorporate work-from-home and social distancing policies, essential employees, such as drivers, are working during the COVID-19 outbreak as part of the critical infrastructure and to maintain business continuity. Drivers play a vital role in delivering life-saving medical gases (e.g. oxygen for hospitals or helium for MRIs) for the healthcare industry. They are also vital to delivering products that are crucial to sustaining our food industry, such as cryogenic gases for food freezing, chilling, storage and transport.

As the COVID-19 situation unfolds, here are the top five tips to help drivers to stay safe and healthy during this time:



1. Wash your hands frequently and use hand sanitizer

According to the CDC, the virus is thought to spread mainly from person-to-person via close contact. During your daily tasks and while conducting deliveries, use hand sanitizer before and after the task is complete. When able, wash your hands thoroughly with soap that foams for at least 20 seconds. Avoid touching your face and avoid sitting down in public areas. You may not realize how often you grab a handrail in a public place or how many doors you touch in any given day. Try to carry hand sanitizer with you every public place you visit.



2. Keep a safe distance

The CDC also recommends avoiding close contact with others and keep a safe distance of at least six feet. That way, there's less risk of you inadvertently touching – or being in close proximity of – a person that may have the virus and then transferring it to others. The CDC is also recommending the use of face masks in public places to help slow spread, in addition to keeping a safe distance.



3. Disinfect surfaces daily

Another tip the CDC shared is cleaning dirty surfaces and disinfecting areas you touch frequently – this includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.



4. Practice safe and thorough hygiene

The virus can spread on clothing and through your hair. No matter how many delivery sites you visit, do a load of laundry and take a thorough shower after entering your home. It is reported by the CDC that detergent can prevent the virus from spreading. If you're unable to do laundry daily, put your clothes in immediate sunlight to neutralize the virus. A thorough shower decreases the risk of spreading the virus through your hair.



5. Boost your immune system

According to the experts at Harvard's School of Public Health, a balanced and healthy diet, being physically active and getting enough sleep are critical to keeping our immune systems strong. This is strongly encouraged by the healthcare community to help you fight illness, if you do become sick. Eat lots of foods that are high in zinc and essential vitamins. Avoid alcohol and smoking.

While these are just some examples of ways to protect your health during the pandemic, visit the CDC or WHO websites for more information and to stay updated on recent developments.