

# COVID-19 transport

**COVID-19 is very contagious and is a threat to health. Colds, sneezing, sore throat, loss of sense of smell and taste, coughing, chest tightness and fever are symptoms of this virus. It varies from case to case whether the virus manifests itself in a mild or even deadly form. In case of persistent symptoms, always contact your doctor or general practitioner.**



## Threats

- Not being able to keep sufficient distance
- Infection by social contacts of non-crew members
- Infection through use of means of transport, materials and provisions
- Pausing and refuelling during the trip
- Air conditioning
- Lack of crew due to illness



## Step 1: Collective measures

### Source measures

- ✓ Stay at home with symptoms of COVID-19 or illness
- ✓ Avoid contact with others (outside the household)
- ✓ Keep 1.5 meters distance from others when possible
- ✓ Pay extra attention to personal hygiene (RIVM)
- ✓ Only transport your own crew

### Collective measures

- ✓ Use a mouth cover (FFP 1) according to RIVM instructions if the 1.5-meter distance cannot be maintained
- ✓ Establish a fixed place in the vehicle
- ✓ Load and unload your own stuff yourself
- ✓ Disinfect the vehicle (including interior and exterior handles, seat belts, seats, steering wheel, gearstick, handbrake) with alcohol (60% - 70%) before and after each ride
- ✓ When pausing / refuelling, take extra note of the guidelines of the RIVM (distance / hygiene)
- ✓ Do not use the air conditioner unless it is equipped with AI / HI virus filter
- ✓ In the event of a check, you must be able to show your crew book, ID proof and required travel documents (to be requested from your PO)

## Step 2: Individual measures

- ✓ Wash your hands regularly with soap and water for 20 seconds and then dry them well
- ✓ Cough and sneeze into your elbow
- ✓ Avoid touching your face
- ✓ Do not shake hands
- ✓ Measure your body temperature regularly
- ✓ Use paper tissues to blow your nose and throw them away

## Step 3: Personal protective equipment

- ✓ Mouth cover (FFP 1) and gloves can contribute to safety when used correctly (instruction from RIVM)
- ✓ Wear gloves when disinfecting the vehicle and materials
- ✓ Put on new gloves after refuelling and after leaving the vehicle