

# Safety Tips For Drivers

1. Follow your state's shelter-in-place order. Stay 6 feet or 2 meters away from others. Do not make direct contact with others if possible.
2. If you are sick, stay home and call your doctor for help with any concerns or symptoms.
3. Use hand sanitizer, disinfecting wipes and tissue handy in the car for when sneezing/coughing .
4. Carry a water dispenser with soap and automotive towels if wipes, sanitizer or paper towels are unavailable.
5. Optionally use eye protection and masks while packing, delivering or purchasing goods.
6. Clean and disinfect the **inside and outside** of your vehicle daily and pay attention to areas you frequently come into contact with such as the trunk, hood, door handles, seats, buttons, steering wheel, door handles, computer/phone screens.
7. Use disposable boot covers and change each time when returning to the driver's seat.
8. Wash or try to sanitize hands any time you leave the vehicle or touch anything outside the car. This can include door handles, credit cards, gas pumps etc.
9. Use touch-less pay or wear gloves for transactions and wash or sanitize hands right after.
10. Use disposable gloves for handling passenger doors, trunk, luggage etc and be sure to sanitize or dispose of them before getting into the driver's seat. Keep a garbage bag in the vehicle where you can dispose of the trash if one is not available outside. Use hand sanitizer before touching the door handle and steering wheel.
11. Wear disposable gloves during the delivery and sanitize or dispose of the gloves in between deliveries.
12. When packing, loading, and unloading, wear a mask if possible but there is no need for an N95 mask. A regular mask to cover the **nose and the mouth** is fine. As a last resort, if you do not have access to any of the above, then use a homemade mask or bandana, change it frequently, and wash daily. If your mask or bandana is wet, change immediately. Avoid touching your face and/or mask, as the outside environment can also be dirty.
13. For drivers with passengers: keep the divider between the driver and passenger closed and can consider wearing a mask and disposable gloves and wash hands or sanitize frequently.
14. Try to have a dash cam or camera in the vehicle for personal safety.
15. When you get home or to your rest destination - bathe/shower, and change your clothes upon returning home. Remove outside clothes and shoes and do laundry regularly. Wipe down your phone, keys, wallet, credit cards, Kara, jewelry, watch, and any other objects you carry on you which you bring home.



This is not medical advice. If you need medical advice or information, please contact your primary health care professional. We encourage you to get the most current information from reputable sources like the [FDA](#), the [CDC](#) and the [WHO](#). This educational information is being shared out of concern for the sangat and is a coordinated effort based on reputable sources and advice from numerous Sikh communities and other professionals as well as community-based organizations.

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