



Coronavirus: Important advice

Updated 21st May 2020

Dear colleague,

In recent weeks the current Coronavirus (COVID-19) pandemic has changed how the country operates. The transport industry was identified by the Government as “essential to the COVID-19 response” and we are proud of the vital service that Driver Hire workers have played. **Thank you.**

Extensive guidance has been issued by both the Government and the NHS during this crisis, and we are committed to helping you to find the right official advice for you. Please note the following key points:

If you are experiencing symptoms of Coronavirus:

- If you have a high temperature, a new and continuous cough, or a loss or change in your sense of smell or taste, you should self-isolate for a period of 7 days (or longer if you still have a temperature)
- If someone you live with has a high temperature or a new and continuous cough, you should self-isolate for a period of 14 days from when *their* symptoms started
- If you fall into either of the above two categories, you should not attend work
 - The latest NHS guidance on Coronavirus can be seen [here](#)
 - The Government’s guidance on self-isolation can be seen [here](#)
- Key workers are now eligible for coronavirus tests. Find more information [here](#)

Safe driving:

You will have noticed a reduction in traffic on our roads – the latest figures suggest that current traffic volumes are around 60% of normal levels.

There has been evidence to suggest some drivers have been driving at increased speeds. Whilst other road users may not be as responsible as you will be, it is essential that you continue to observe all the rules of the road and drive appropriately to the conditions at all times.

Keep updated:

As COVID-19 develops, advice is changing regularly. Please keep updated with official advice via the Government website [here](#).

Protect yourself and prevent the spread of the virus:

- Follow the Government’s guidance on Social Distancing wherever possible
 - Details can be found [here](#)
- Wash your hands regularly and thoroughly with an alcohol-based hand rub or wash them with hot, soapy water for at least 20 seconds each time
- Sanitise any surfaces or hand-held equipment using disinfectant wipes both when entering and leaving the vehicle. Wipe down surfaces, phones, steering wheels, cabs, keyboards or anything else that can be touched by people
- Cover your mouth and nose when you sneeze or cough
- Carry tissues with you. Sneeze/cough into a tissue and then bin it immediately
- If you do not have a tissue, sneeze/cough into your sleeve or elbow
- Wash your uniform or work clothes regularly
- Avoid touching your eyes, nose and mouth, as this can spread the virus
- If you are carrying out 'sign for' deliveries, and especially when delivering to people's homes, regularly check the company's latest policy on appropriate procedures

