

# GUARANTEED GAZETTE

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## Statement on State and Local Shelter in Place and Other Restrictions on Movement Relating to COVID-19

The Department of Homeland Security, through the Cybersecurity Infrastructure Security Agency guidelines,<sup>[1]</sup> has identified the following as essential workers:

- Employees supporting or enabling transportation functions, including truck drivers, bus drivers, dispatchers, maintenance and repair technicians, warehouse workers, truck stop and rest area workers, Department of Motor Vehicle (DMV) employees, towing/recovery services, roadside assistance workers, intermodal transportation personnel, and workers who maintain and inspect infrastructure (including those that require cross-jurisdictional travel).
- Workers including truck drivers, railroad employees and contractors, maintenance crew, and cleaners supporting transportation of chemicals, hazardous, medical, and waste materials to support critical infrastructure, capabilities, functions, and services, including specialized carriers, crane and rigging industry workers.
- Bus drivers and workers who provide or support intercity, commuter and charter bus service in support of other essential services or functions.

The Centers for Disease Control and Prevention (CDC) has provided guidance<sup>[2]</sup> to truck drivers delivering needed supplies to New York City, an area of widespread community COVID-19 outbreak, which provides:

- Truck drivers delivering needed supplies should stay in their vehicles as much as possible as supplies are loaded and unloaded, avoid being within 6 feet of others as much as possible when they exit their vehicles, and move to electronic receipts if possible.
- To the extent that truck drivers have to stay in restricted areas to get required rest, they should wash their hands frequently and practice social distancing to the extent possible.

The CDC's March 28, 2020 Travel Advisory for New York, New Jersey and Connecticut, which urged residents of those States to refrain from domestic travel for 14 days, expressly excluded "employees of critical infrastructure industries, including but not limited to trucking." The CDC Advisory noted that these employees "have a special responsibility to maintain normal work schedules."<sup>[3]</sup> FMCSA realizes that long haul drivers may be on the road for days or weeks at a time.

The CDC has issued guidance that, when drivers return to their domicile location, they should follow the recommendations of the State or local officials in the areas in which they live.

The CDC recommends that all people take precautions to stay safe and keep others safe, including washing their hands regularly, staying home when sick, covering their coughs and sneezes, and maintaining distance from others.



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# Simple hygiene measures can help protect your family's health and everyone else's.

## Don't touch your face

Avoid touching your eyes, nose and mouth.

## Don't cough or sneeze into your hands

Cover your mouth and nose with your elbow or tissue when coughing or sneezing. Dispose of used tissue immediately.

## Keep your distance

Maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing.

## Wash, wash, wash your hands

Yes, you're hearing it everywhere, because it's the best line of defense. Wash hands frequently with soap and water for at least 20-30 seconds.

Make sure to wash hands after you blow your nose, sneeze into a tissue, use the restroom, when you leave and return to your home, before preparing or eating food, applying make-up, handling contact lenses etc.

If using a hand sanitizer ensure that it contains at least 60 per cent alcohol, ensure coverage on all parts of the hands and rub hands together for 20-30 seconds until hands feel dry. If hands are visibly dirty, always wash hands with soap and water.

**Did you know?** Cold water and warm water are equally effective at killing germs and viruses — as long as you use soap and wash your hands the right way!



**So what's the best way to clean your hands? Simply use soap and water! The CDC has this down to a science:**

- Get your hands wet, turn off the water, and apply soap.
- Rub your hands together to lather up the soap. Clean every surface from between your fingers and under your nails to your palms and back of your hands.
- Scrub for at least 20 seconds. If you need a way to time it, sing or hum "Happy Birthday" twice through.
- Turn the water back on and rinse well.

Dry your hands with a clean towel and use the towel to turn off the water.

**However, if you don't have access to soap and water, you can use an alcohol-based hand sanitizer with at least 60 percent alcohol (as long as your hands are not visibly soiled or dirty).**

## Fun Facts

- 70% of dust particles are comprised of skin flakes.
- If you clean for 2 hours, you burn 200 calories.
- Listerine was invented as a surgical antiseptic and, without changing its formula, morphed over 40 years into an oral antiseptic, astringent and astonishingly successful mouthwash.
- Food dropped on the floor gathers 150 to 8,000 bacteria every 5 seconds.
- Did you know that most antibacterial cleaner must be left on surfaces for 30 to 60 seconds before wiping away.
- Purses and handbags have up to 10,000 bacteria per square inch and 30% of them contain fecal bacteria.
- Your phone holds more than 500 times more germs than the toilet.
- Running low on antibacterial spray—lemons are a great disinfectant.
- Packaged bottles and cans are stored in all sorts of places and often their caps are licked by mice.
- Typical office workers hands come in contact with 10 million bacteria per day.
- 1 in 5 people don't wash their hands and of those that do only 30% use soap.
- By disinfecting your workspace you can reduce sick days by 30%.
- About 72% of shopping carts contain fecal matter.
- 1 in 5 adults admit to peeing in public pools.
- You are born bacteria free but acquire them after birth.

# Coronavirus and Trucking

As cities and states have raced to shut down businesses to prevent the spread of Covid-19, the roads have gone quieter. Normally gridlocked cities like Los Angeles and Chicago have seen much faster traffic speeds during so-called rush hour—53 percent and 70 percent, respectively—as residents hunker down and hope social distancing does its work.

But shelter-in-place orders are harder to carry out when your office is moving 65 mph, traveling hundreds of miles a day, and helping to move the emergency supplies that are keeping the country running during an unprecedented public health crisis

One point of contention is that essential feature of the truckers' life: the truck stop. Even as public health officials close down restaurants and bars for fear of spreading the novel coronavirus, truckers are hoping states make an exception for their travel centers. In Pennsylvania, a Tuesday shutdown of public interstate and turnpike stops led to a revolt from two national lobbying groups, the American Trucking Association and the Owner-Operator Independent Drivers Association. The groups say truckers need those places to sleep, because parking lots are often the safest places for drivers to pull over for some shuteye. On Thursday, the Pennsylvania DOT said it would reopen the parking lots and bathrooms in 13 of the 30 state-operated stops.

Still, coronavirus has changed life for drivers. TA-Petro, one of the nation's largest travel center operators, has closed its driver lounges and fitness centers, and, to the disappointment of many, shut down its buffets and soup and salad bars in states where public officials have closed restaurants. Drivers can still pick up take-out food and take showers at the company's facilities. A competitor, the Pilot Company, has had to close its gaming rooms in Illinois, Louisiana, and Nevada. Some truckers use refillable mugs at truck stops. Don't do that anymore, the companies say. (You'll still qualify for the refillable mug discount.)

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“ The greatest glory in living lies not in never falling, but in rising every time we fall.”

*~ Nelson Mandela*

“If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough.”

*~ Oprah Winfrey*

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# Q & A about the Coronavirus?

## Q: What is the coronavirus?

Coronaviruses are a family of hundreds of viruses that can cause fever, respiratory problems, and sometimes gastrointestinal symptoms too. The 2019 novel coronavirus is one of seven members of this family known to infect humans, and the third in the past three decades to jump from animals to humans. Since emerging in China in December, this new coronavirus has caused a global health emergency.

## How does it spread?

It's likely to be transmitted in droplets from coughing or sneezes, and the virus has a two- to 14-day incubation period. That means people could be infectious for quite a while before symptoms like fever, cough, or shortness of breath emerge.

## What are the particular symptoms of Covid-19?

In the confirmed cases so far, most people get a fever with a dry cough; smaller numbers of folks might experience shortness of breath, a sore throat, or a headache.

## How can I avoid catching the coronavirus?

- Wash your hands wash your hands wash your hands wash your hands wash your hands wash your hands wash your hands wash your hands wash your hands wash your hands wash your hands wash your hands wash your hands. You get the point.
- Clean all of your tech equipment. Just like your hands, your smartphone and keyboard and headphones and anything else gets germs on it.

If you're in a high-risk group (over 60, have preexisting lung disease, heart disease, diabetes, or a weakened immune system) you should seek treatment if you get sick, since it can quickly go from cough to full-blown pneumonia. Call your doctor or clinic first with your suspicions so they can direct you appropriately. If you're not in a high-risk group, better to self-isolate at home with plenty of fluids and anti-fever meds. Odds are you'll recover, and this way you won't expose anyone. Still call your doctor, so they know what's going on—they may be able to direct you to people at the health department who can conduct testing. Don't go to the ER unless you're really experiencing life-threatening symptoms.

## Q: How did it get its official name?

The international committee tasked with classifying viruses has named the new one SARS-CoV-2, because of its close genetic ties to another coronavirus, the one that causes SARS. However, the disease *caused by* SARS-CoV-2—remember, that's the disease characterized by coughing, fever, and respiratory distress—is called Covid-19. It's the name officially bestowed upon the ailment by the World Health Organization. WHO's task was to find a name that didn't demonize a particular place, animal, individual, or group of people and which was also pronounceable. It's pronounced just like it sounds: Co-Vid-Nine-teen.

## Q: How do coronaviruses even work?

Coronaviruses are divided into four groups called: alpha, beta, gamma, and delta. These little invaders are zoonotic, meaning they can spread between animals and humans; gamma and delta coronaviruses mostly infect birds, while alpha and beta mostly reside in mammals. Researchers first isolated human coronaviruses in the 1960s, and for a long time they were considered pretty mild. Mostly, if you got a coronavirus, you'd end up with a cold. But the most famous coronaviruses are the ones that jumped from animals to humans.

Coronaviruses are made up of one strip of RNA, and that genetic material is surrounded by a membrane studded with little spike proteins. (Under a microscope, those proteins stick up in a ring around the top of the virus, giving it its name—"corona" is Latin for "crown.") When the virus gets into the body, those spike proteins attach to host cells, and the virus injects that RNA into the cell's nucleus, hijacking the replication machinery there to make more virus. Infection ensues.

The severity of that infection depends on a couple of factors. One is what part of the body the virus tends to latch onto. Less serious types of coronavirus, like the ones that cause the common cold, tend to attach to cells higher up in the respiratory tract—places like your nose or throat. But their more gnarly relatives attach in the lungs and bronchial tubes, causing more serious infections. The MERS virus, for example, binds to a protein found in the lower respiratory tract and the gastrointestinal tract, so that, in addition to causing respiratory problems, the virus often causes kidney failure.

The other thing that contributes to the severity of the infection is the proteins the virus produces. Different genes mean different proteins; more virulent coronaviruses may have spike proteins that are better at latching onto human cells. Some coronaviruses produce proteins that can fend off the immune system, and when patients have to mount even larger immune responses, they get sicker.

