

Fighting COVID-19 On the Road: What to Do If You Experience Symptoms

If you have to travel on the road during the COVID-19 pandemic, it is vitally important that you are able to identify symptoms of COVID-19 and know what to do if you fall ill. **NOTE:** If you are feeling unwell before you depart, even with mild conditions like a runny nose, **do not travel – stay at home.**

IDENTIFYING COVID-19 SYMPTOMS:

The most common symptoms of coronavirus are:



Severe symptoms of COVID-19 are:

- 1 Difficulty breathing
- 2 Confusion or an inability to be aroused
- 3 Persistent chest pain or pressure
- 4 Blue-ish lips or face

Most people recover from the disease without special treatment, but for some the disease can require serious care and can even be fatal. This is especially true for older people and those with other medical conditions such as asthma, diabetes, high blood pressure, or heart disease. Once the virus is contracted it can take up to 14 days for symptoms to present.

WHAT TO DO IF YOU EXPERIENCE COVID-19 SYMPTOMS ON THE ROAD

If you have mild coronavirus symptoms

- Call your primary care doctor, the local health department, or nearest hospital emergency room
- Calling in advance allows them to quickly direct you to the right facility for testing or treatment
- The most likely course of action will be to self-isolate; rely on the advice of health care providers

If you develop severe warning signs for coronavirus

- Seek immediate, emergency medical attention
- When calling 911, notify the operator that you think you may have COVID-19
- If possible, put on a facemask (or cover your mouth with a scarf or bandana) before help arrives
- Immediately consult your medical provider for any other symptoms that are severe or concerning

If you are able to return home for self-isolation

- Keep as much distance from others as possible
 - Stay in one designated "sick room"
 - Use a separate bathroom if available
- Others in the home will need to self-isolate too (they could now be asymptomatic carriers)
- When symptomatic, you should wear a facemask or fashion one out of a scarf or bandana

When truckers get sick on the road, the fleet should

- Work with the driver to ensure they get the best care possible and get home as soon as possible without further interaction with other people or the cargo
- Figure out what to do with stranded trucks or loads, including retrieving the load and determining how to disinfect and/or isolate the cargo in accordance with CDC guidelines
- Notify anyone with whom the driver may have come into contact that they may have had exposure to COVID-19, including employees at shipping and receiving sites
 - Medical history is protected by federal law, so fleets cannot specify the driver's name
- Any other fleet employee who interacted with the driver will need to be tested or quarantined

If you are on the road, far from home

- Contact the local health department or local hospital for guidance
 - If your symptoms are severe, call 911
- Return home only if you can do so safely and without coming into contact with others
- Otherwise, find a place to self-isolate in your current location. If your vehicle does not have sleeping accommodations...
 - Rely on the advice of the medical professionals when you call with symptoms
 - Stay in place until you are well, or well-enough to return home to continue the quarantine
- If you have to stay in a hotel...
 - You **must** call ahead to inform them that your stay is to quarantine yourself with COVID-19. This allows them to...
 - Decide if they are willing to accept the risk of your stay
 - Warn their staff against entering your room during your stay
 - Prepare for the intensive cleaning that will have to take place after you check-out

Those with coronavirus can discontinue isolation only when

- You have had no fever for at least 72 hours (3 full days of no fever without the use of fever-reducing medicine), **AND**
- Your other symptoms have improved, **AND**
- At least 7 days have passed since your symptoms first appeared

For more resources directly related to COVID-19, visit the CDC's coronavirus webpage.