



Social Distancing

for Long Haul Drivers Travelling In and Out of the NWT

The Chief Public Health Officer of the Northwest Territories recommends social distancing to prevent the spread of COVID-19. To maintain supply lines and the flow of commerce, commercial truck drivers are exempt from the current NWT border closure.

Social distancing means limiting the amount of people you come into contact with, which lowers the risk of passing or catching the virus.

AVOID

- Socializing closely (i.e. within 2 metres) with other people in places such as gas stations, truck stops, delivery points and accommodations;
- Spending time at public access points, including delivery destinations;
- Crowded rest stops and stores;
- Visiting people

- Switching vehicles with other drivers;
- Assisting with loading or unloading cargo.

BE CAREFUL WITH

SAFE!

- Spending time in your vehicle or accommodations;
- Connecting with friends, family, and colleagues over the phone or social media;
- Using debit or credit cards for purchases instead of cash.

Remember

- When you're travelling between communities, make sure to monitor yourself for COVID-19 symptoms like fever, cough, or difficulty breathing;
- Wash your hands frequently and use hand sanitizer when soap and water is not available;
- Disinfect the interior of your cab using sanitizing wipes or a diluted bleach solution;
- Bring lots of food, water, and supplies in case you develop symptoms of COVID-19 and need to self-isolate where you are for 14 days;
- If you develop symptoms, call the local health centre wherever you are and ask for further advice;
- Follow all safety and hygiene protocols issued by your employer, union, and/or governing body.

Thank You! for Keeping the NWT Safe and For Your Service.