



As part of our "Maintaining A Strong Immune System" series

TIP 7: PRECAUTIONS TO TAKE AT TRUCK STOPS

As a valued member of Rolling Strong, your safety and well-being are important to us. With continued news around coronavirus (COVID-19), Rolling Strong will be sending tips on maintaining a strong immune system so you can be armed with the best chance of staying healthy!

Please watch Rolling Strong Wellness Coach Sergio as he describes how to protect yourself from coronavirus once you step out of your truck.



Your skin is a likely entry point for viruses and pathogens to enter your body; it's your body's largest organ and performs many immune functions that protect you. That's why it's so important to keep washing your hands; our hands become an entry point for pathogens. We tend to touch things without thinking. Now, more than ever, it's important to think through our touch points. There are a lot of touch points for a driver when you stop in a travel center to refuel. Given the seriousness of protecting oneself from coronavirus it is important to be very conscientious of different touch points that you have once you climb out of your truck. This virus is now known to be both airborne and able to stay on touch point surfaces for many days.



Touch points to be conscious of:

- Getting in and out of the truck
- The fuel pump and handle
- Pin pads
- Intercom buttons
- Window washer handles
- Coming in and out of doors at truck stop
- Bathrooms
- Getting too close to store personnel
- Getting within 6 ft of other drivers
- Exchange of money and receipts that are handed to you
- Shower tickets and the shower facilities
- Snacks and drinks that you pick up to purchase
- Payment pin pads and receipts
- The bottom of your shoes as you walk through the truck stop

What to do to help disinfect or not get contaminated

- Wear gloves if possible and dispose of them before you get back in your truck
- Wash hands thoroughly with soap and water for at least 20 seconds or use hand sanitizer and thoroughly rub into all parts of hand and in between fingers
- Wear a mask or a scarf, wash it out immediately
- Practice social distancing (6' apart)
- Disinfect the bottom of your shoes and wipe all packages with disinfecting wipes before re-entering your truck

Remember

- Fuel up on healthy snacks that provide antioxidants and vitamins and minerals that will help optimize your immune system (see Tip #1 link below). High sugar intake suppresses immune function for up to 5 hours after you eat it. (see Tip #4 link below)
- Poor hydration inhibits immune function (see Tip # 6 below)

Contact a Rolling Strong Wellness Coach, coachme@rollingstrong.com to help you stay on track with nutrition, exercise, sleep, stress and hydration to keep your immune system running smoothly.

Rolling Strong would like to give a huge and sincere thanks to the drivers that are out there doing what they do!

Visit *Rolling Strong Covid-19*
for more resources and information