Add to Helpful Links:

CDC Guidelines for Bus Transit Operators:

https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/bus-transit-operator.html

CDC Guidelines for Long-Haul Trucking Employers:

https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/long-haul-trucking-employers.html

CDC Guidelines for Airlines and Airline Crew:

https://www.cdc.gov/quarantine/air/managing-sick-travelers/ncov-airlines.html

CDC Resuming Business Toolkit:

https://www.cdc.gov/coronavirus/2019-ncov/community/resuming-business-toolkit.html

CDC Interim Guidance for Businesses and Employers:

https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

CDC Resources in Dari:

https://wwwn.cdc.gov/pubs/other-languages?Search=dari&Sort=Lang%3A%3Aasc&Page=2

CDC Resources in Pashto:

https://wwwn.cdc.gov/pubs/other-languages?Search=pashto&Sort=Lang%3A%3Aasc

Links to CDC Posters and Signs that can be printed and displayed in the workplace:

- *English:* https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc&Search=english
- *Dari:* https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc&Search=dari
- *Pashto:* https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc&Search=pashto

GUIDELINES FOR TRANSPORTATION BUSINESSES – BUS, TRUCK & AIRLINE

Transportation needs continue even during the COVID-19 pandemic. As a result, people often come face-to-face with one another or come into contact with surfaces others have touched. This makes public transportation, including buses and airlines, a potential hotspot for transferring germs. In addition, trucking companies need to take precautions as drivers travel throughout the country and often come into contact with other people as well as objects and surfaces while handling freight.

According to the Centers for Disease Control and Prevention (CDC), COVID-19 is a respiratory illness that can be contracted in the following ways:

- The main way the virus spreads is from person to person through respiratory droplets.
- One may also be able to get COVID-19 by shaking someone's hand or touching a surface or object that has the virus on it and then touching your face, mouth, nose, or eyes.
- COVID-19 may be spread by people who do not have symptoms.

Below are suggested guidelines for:

- Bus Transit Operators
- Trucking Companies
- Airline Companies & Cabin Crew

Afghanistan's Ministry of Public Health (MoPH) has been promoting awareness on how to avoid the spread of COVID-19 while traveling on a bus, especially for travelers between provinces.

- People are urged to identify individuals showing symptoms of COVID-19 and take necessary precautions.
- Buses should be sanitized to avoid the spread from one province to another.

MoPH GUIDELINES FOR BUS TRANSIT OPERATORS

The MoPH is in the process of planning for and preparing the following resources and materials to help support the following guidelines they recommend be followed at all passenger bus stations and at the entry gates and/or entry points of each province. *In the meantime, bus transportation companies should consider following the CDC Guidelines outlined further below.*

1. **Bus transportation companies should take the following actions to raise awareness about COVID-19:**
   - ✓ **Display a Poster:** The bus transportation company should display a sign or poster in passenger bus stations that lists what the symptoms are for COVID-19. Graphical posters should also be printed and installed so that everyone can visually understand what is being said.
   - ✓ **Distribute Brochure:** While issuing tickets, distribute brochures that contain preventive guidelines for COVID-19.
   - ✓ **MoPH Training:** The MoPH Training Team will offer training to bus transportation companies. While not mandatory, the transportation company can choose to request and receive training. The company should assign one person to go through the training and then that same person will then be the one to brief passengers on health and safety guidelines as well as train other trainers on how to do this.
   - ✓ **Play Audio Voice Recording:** Every two hours for the entire length of the journey, an audio recording of how to prevent the spread of COVID-19 should play out loud on the bus for passengers to hear.
   - ✓ **Accessing Audio and Print Materials:** The MoPH will prepare and share COVID-19 related audio voice recording and print materials with bus transportation companies. In the meantime, bus transportation companies should consider creating their own or find already existing posters or signs to print out listing what the symptoms are for COVID-19. They can hang them in the stations and on the buses. The CDC also has some posters they have created that can be printed. *Links to CDC Posters and Signs that can be printed and displayed in the workplace can be found here: [English](#), [Dari](#) and [Pashto](#)*

2. **The following guidelines should be followed for disinfecting against COVID-19:**

- ✓ **Disinfect the bus:** Upon arrival at the station and **before** new passengers board the bus, the bus *must be disinfected* using **sodium hypochlorite (0.5).**
- ✓ **Disinfect hands:** Hand disinfectant should be available on the bus and provided to the passengers every two hours.
- ✓ **Source disinfectant:** The MoPH's COVID Response Team that works with training and awareness should train bus transportation companies on the sourcing and use of disinfectants.
- ✓ **Provide disinfectant:** Bus transportation companies are responsible for providing disinfectant for both buses and passengers.

3. If anyone sees someone who is displaying COVID-19 symptoms, please do the following:
- ✓ All drivers and employees of bus transportation companies must watch for people who have respiratory issues. In the event they see someone displaying symptoms, the bus driver or employee must alert a health officer in the station. The MoPH plans to install a health officer in each station. If the station does not have a health officer, then someone in management should be alerted.
- ✓ If someone shows symptoms of respiratory complications, then the person showing symptoms should be separated from the rest of the passengers. The provincial surveillance officer should be alerted, and instructions followed.

4. Ministry of Public Health (MoPH) is continuously monitoring the implementation of these guidelines:
- ✓ One MoPH staff member will be assigned to each bus station in order to oversee implementation of these guidelines. There will be a safety checklist that the MoPH staff member will go through and review to make sure the bus station and bus driver are following the safety guidelines.
- ✓ If everything has been implemented in accordance with the safety checklist, then the MoPH staff member assigned to the station will sign the checklist and give it to the bus driver prior to departure so they can take it with them on their bus journey.
- ✓ At each entry gate of the province, an MoPH staff member will be assigned who will ensure the presence of checklist as well as implementation of the above guidelines.

5. MoPH oversight of the above guidelines:
- ✓ The MoPH's Surveillance Committee will train environmental health workers on how to identify symptoms of Covid-19.
- ✓ The MoPH Communications Committee will provide awareness materials to the staff of MoPH's Environmental Health Department.
- ✓ The MoPH Disinfection Committee at the MoPH will train the staff of the MoPH Environmental Health Department on the disinfection of buses.

- ✓ Environmental Health Department employees are responsible for training representatives of bus transport companies and monitoring the implementation of these guidelines in the bus stations.
- ✓ MoPH Provincial Public Health Departments are responsible for monitoring the implementation of these guidelines at the provincial entry gates and entry points.
- ✓ The Ministry of Transport will coordinate noncompliance issues with all transport unions and in the case of non-conformance with the above guidelines, the services of those respective unions will be suspended.

CDC GUIDELINES FOR BUS TRANSIT OPERATORS

The Centers for Disease Control & Prevention (CDC) developed the below guidelines on *"What Bus Transit Operators Need to Know about COVID-19"* that can also be found at **https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/bus-transit-employees.html**

As a bus transit employer, your workforce might come into contact with the virus when:

- In close contact (within about 2 meters) with other people at the worksite, which can include passengers, coworkers, transit station workers, and maintenance workers.
- Touching or handling high-contact surfaces and equipment, and then touching their face, mouth, nose, or eyes.

How You Can Protect Your Staff and Others and Slow the Spread
Evaluate your workplace to identify scenarios where workers cannot maintain social distancing of at least 2 meters from each other and/or customers. Use appropriate combinations of controls following the hierarchy of controls to address these situations to limit the spread of the virus that causes COVID-19. A committee of both workers and management staff may be most effective at recognizing all scenarios.

While protecting workers, it is important to note that control recommendations or interventions to reduce risk of spreading COVID-19 must be compatible with any safety programs and personal protective equipment (PPE) normally required for the job task. Approaches to consider may include the following:

1. **Create a COVID-19 Workplace Health and Safety Plan**

Review the CDC Interim Guidance for Businesses and Employers and the Resuming Business Toolkit for guidelines and recommendations that all employers can use to protect their employees.

- Continue to follow any guidelines issued by the MoPH regulations for bus transit operators.
- Identify an on-site workplace coordinator who will be responsible for COVID-19 assessment and control.
    - When developing plans, include all employees in the workplace, for example: staff, utility employees, relief employees, janitorial staff, supervisory staff, and bus transit operators.
    - Develop plans to communicate with passengers entering the bus regarding modifications to work or service processes.
    - Notify all workers that any COVID-19 concerns should be directed to the identified coordinator.

- Implement flexible sick leave and supportive policies and practices.
    - Develop policies that encourage sick employees to stay at home without fear of reprisals, and ensure employees are aware of these policies.
    - If contractors are employed in the workplace, develop plans to communicate with the contracting company regarding modifications to work processes.

- Consider conducting daily in-person or virtual health checks (e.g., symptom and/or temperature screening) of employees on scheduled workdays.
    - Screening options could include having employees self-screen prior to arriving at work or having on-site screening by taking an employees' temperatures and assessing other potential symptoms prior to beginning work. (see CDC Interim Guidance for Businesses and Employers)
    - Make sure employees can maintain at least 2 meters of distance while waiting for screening if done on site.
    - Make employee health screenings as private as possible and maintain confidentiality of each individual's medical status and history.

2. **Take action if an employee is suspected or confirmed to have COVID-19**

- Immediately separate employees who report with or develop symptoms at work from other employees and arrange for private transport home. These employees should self-isolate and contact their health care provider immediately.

- Close off any areas used for prolonged periods of time by the sick person.

- Perform cleaning and disinfection after anyone suspected or confirmed to have COVID-19 has been in the workplace. Cleaning staff should clean and disinfect offices, bathrooms, common areas, and shared electronic equipment used by the ill person, focusing especially on frequently touched surfaces. If other workers do not have access to these areas or items, wait 24 hours (or as long as possible) before cleaning and disinfecting.

- Employees who test positive for COVID-19 should immediately notify their employer of their results.
    - Sick employees should follow CDC recommended steps to self-isolate or seek care. Employees should not return to work until they meet the criteria to discontinue home isolation, in consultation with healthcare providers.

3. **Develop hazard controls using the hierarchy of controls to prevent infection among workers. You may be able to include a combination of controls noted below.**

Engineering Controls (Isolate people from the hazards)
Alter the workspace using engineering controls to prevent exposure to the virus that causes COVID-19.
- Modify the alignment of workstations where feasible.
    - If applicable, move electronic payment terminals/credit card readers farther away from the bus transit operator to increase the distance between the passengers and bus transit operator.
- Where possible, establish physical barriers between bus transit operators and passengers.
    - Use strip curtains, plastic barriers, or similar materials to create impermeable dividers or partitions.
- Close or limit access to common areas where employees are likely to congregate and interact, such as break rooms, parking lots, and in entrance/exit areas.
- Consider making foot-traffic single direction in narrow or confined areas in the bus to encourage single-file movement at a 6-foot distance.
- Use visual cues such as floor decals, colored tape, and signs to remind workers to maintain distance of at least 2 meters from others, including at their workstation and in break areas.
- Consider these cues for passengers as well, such as at the bus entry doors.
- Place hand sanitizers with at least 60% alcohol in multiple locations throughout the bus for workers and passengers.
    - Use touch-free stations where possible.
    - Make sure restrooms have accessible sinks, soap, water, and a way for people to dry their hands (e.g., paper towels, hand dryer).
- Make sure the bus is well ventilated.
- Bus operator owners and managers should work with facilities management to adjust the ventilation so that the maximum amount of fresh air is delivered to occupied spaces while maintaining the humidity at 40-60%. If possible, increase filter efficiency of HVAC units to highest functional level.
    - Portable high efficiency particulate air (HEPA) filtration units may be considered to remove contaminants from the air of poorly ventilated areas.
    - Consider the use of natural ventilation (i.e., opening windows) to increase outdoor air dilution of indoor air, when environmental conditions allow.

- Additional considerations for improving the bus ventilation system can be found in the [CDC Interim Guidance for Businesses and Employers](#).

Administrative Controls (Change the way people work)
Provide training and other administrative policies to prevent the spread of COVID-19.

- All workers should have a basic understanding of COVID-19, [how the disease is thought to spread,](#) what the [symptoms](#) of the disease are, and what measures can be taken to [prevent or minimize](#) the transmission of the virus that causes COVID-19.
- Trainings should include the importance of social distancing (maintaining a distance of 2 meters or more when possible), [wearing cloth face coverings or masks](#) appropriately, [covering coughs and sneezes](#), [washing hands,](#) [cleaning and disinfecting frequently touched surfaces](#), not sharing personal items or tools/equipment unless absolutely necessary, and not touching their face, mouth, nose, or eyes.
- Workers should be encouraged to go home or stay home if they feel sick. Ensure that sick leave policies are flexible and consistent with public health guidance, and that employees are aware of and understand these policies.
- [Clean and disinfect](#) frequently touched surfaces.
    - If surfaces are visibly dirty, clean them using a detergent or soap and water before you disinfect them.
        - Use products that are [diluted household bleach solutions,](#) or alcohol solutions with at least 70% alcohol, appropriate for surface disinfection.
- Use devices that do not require the employee to handle customer credit, debit, or rechargeable ride cards and institute a cashless policy. If this is not possible, ensure that cash and/or cards are handled with care by bus transit operators either by changing gloves between each transaction or using hand sanitizer between passengers.
- Give employees enough time to wash and dry their hands, and provide accessible sinks, soap, water, and a way to dry their hands (e.g., paper towels, hand dryer).
    - Remind employees to [wash their hands](#) often with soap and water for at least 20 seconds. If soap and water are not available, they should use hand sanitizer with at least 60% alcohol.
    - Provide hand sanitizer, tissues and no touch waste baskets at the cash registers and in the restrooms.
- Maintain social distancing (at least 2 meters) in the bus, including at entry doors.
- Limit the number of people in the bus at one time. (Consult local guidance if available.)
- Remind employees that people may be able to [spread](#) the virus that causes COVID-19 even if they do not show symptoms or feel sick. Consider all close interactions (within 2 meters) with employees, passengers, and others as a potential source of exposure.
- Consider using separate doors for entering and exiting the bus (if possible, based on the bus layout) to facilitate single direction foot traffic.

- [Post signs and reminders](#) at entry doors and in strategic places providing instruction on social distancing, changes in processes, hand hygiene, use of cloth face coverings or masks, and cough and sneeze etiquette. Signs should be accessible for people with disabilities, easy to understand.
- Communication and training should be easy to understand, in preferred language(s) spoken or read by the employees and include accurate and timely information.
  - Emphasize use of images (infographics) that account for language differences.
  - Training should be reinforced with signs (preferably infographics), placed in strategic locations. CDC has free, simple [posters available to download](#) and print, some of which are translated into different languages, including Dari and Pashto.
  - *Links to CDC Posters and Signs that can be printed and displayed in the workplace can be found here: [English](#), [Dari](#) and [Pashto](#)*
- Strongly encourage the use cloth face coverings or [masks](#) as appropriate.
  - Cloth face coverings or masks are intended to protect other people—not the wearer —by helping to keep the wearer's respiratory droplets from reaching others. Because they were not specifically designed and tested to protect the people wearing them, cloth face coverings or masks are not considered personal protective equipment (PPE).
  - Train employees how to put on and take off cloth face coverings or [masks](#) to avoid contamination.
  - Cloth face coverings or masks should be [washed](#) after each use.
  - Cloth face coverings or masks should not be worn if their use creates a new risk (i.e. interference with driving or vision, or contributions to heat-related illness) that exceeds their COVID-19 related benefits of slowing the spread of the virus. Cloth face coverings or masks should also not be worn by anyone who has trouble breathing or is unable to remove the covering or mask without assistance. CDC provides information on [adaptations and alternatives](#) that should be considered when cloth face coverings or masks may not be feasible.
  - Employees should consider carrying a spare cloth face covering or mask.
  - If the cloth face covering or mask becomes wet, visibly soiled, or contaminated at work, it should be removed and stored to be laundered later.
- Consider requiring visitors to the workplace (service personnel, passengers) to also wear cloth face coverings or masks.

4. **Personal Protective Equipment (PPE)**

PPE is the last step in the hierarchy of controls because it is more difficult to use effectively than other measures. To be protective and not introduce an additional hazard, the use of PPE requires characterization of the environment, knowledge of the hazard, training, and consistent correct use. This is why special emphasis is given to administrative and

engineering controls when addressing occupational hazards, including when applying guidance to slow the spread of SARS-CoV-2.

5. **How You Can Help Your Staff and Others Cope with Stress**

Mental health is an important component of worker safety and health. The COVID-19 pandemic has created new challenges in the ways many people work and interact with others, which may lead to increased feelings of stress, anxiety, and depression.

Information and resources about mental health, recognizing signs of stress, taking steps to build resilience and manage stress, and knowing where to go if you, your staff, or others need help are available on CDC's How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic page.

GUIDELINES FOR TRUCKING COMPANIES

The Centers for Disease Control & Prevention (CDC) developed the below guidelines on *"What Long-Haul Truck Driver Employees Need to Know about COVID-19"* that can also be found at https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/long-haul-trucking-employers.html

As a long-haul truck driver employer, your employees (or workers) might be exposed to the virus when:

- In close contact (CDC advises within 2 meters for a total of 15 minutes or more) with truck stop attendants, store workers, dock workers, other truck drivers, or others with COVID-19.
- Touching their mouth, nose, or eyes after touching or handling frequently touched surfaces and equipment (such as door handles and loading dock surfaces) and then touching their face, mouth, nose, or eyes.

How You Can Protect Your Staff and Others and Slow the Spread
You can protect workers by supporting them in maintaining both personal preventive behaviors (socially distancing, wearing cloth masks, washing hands) and environmental interventions. Evaluate your workplace to identify scenarios where workers cannot maintain social distancing of at least 2 meters from each other and/or riders. Use appropriate combinations of controls following the hierarchy of controls to address these situations to limit the spread of the virus that causes COVID-19. A committee of both workers and management may be most effective at identifying all possible scenarios.

While protecting workers, it is important to note that control recommendations or interventions to reduce exposure to the virus that causes COVID-19 must be compatible with any safety programs and personal protective equipment (PPE) normally required for the job task. Approaches to consider may include the following:

1. **Create a COVID-19 Workplace Health and Safety Plan**

CDC suggests trucking company employers review the CDC Interim Guidance for Businesses and Employers and the Resuming Business Toolkit for guidelines and recommendations that all employers can use to protect their employees.

- Continue to follow any guidelines issued by the MoPH regulations for truck drivers in addition to the recommendations here.
- Identify an on-site workplace coordinator who will be responsible for COVID-19 assessment and control.
    - When developing plans, include all employees in the workplace, for example: truck drivers, dispatchers, maintenance, and supervisory staff.

- o Notify all workers that any COVID-19 concerns should be directed to the identified coordinator.
- Implement flexible sick leave and supportive policies and practices.
  - o Develop policies that encourage sick employees to stay at home without fear of reprisals, and ensure employees are aware of these policies.
  - o If contractors are employed in the workplace, develop plans to communicate with the contracting company regarding modifications to work processes.
- Consider conducting daily in-person or virtual health checks (e.g., symptom and/or temperature screening) of employees on their scheduled workdays.
  - o Screening options could include having employees self-screen before arriving at work or taking employees' temperatures and assessing potential symptoms prior to beginning work (see CDC Interim Guidance for Businesses and Employers).
  - o Make sure employees can maintain at least 2 meters of distance while waiting for screening, if done on-site.
  - o Make employee health screenings as private as possible and maintain the confidentiality of each individual's medical status and history.
- Put in place specific policies to minimize face-to-face contact for drivers with increased risk for serious illness or assign work tasks that allow them to maintain a distance of 2 meters or more from other workers, customers, and visitors.

2. **Take action if an employee is suspected or confirmed to have COVID-19**

- Immediately separate employees who report with or develop symptoms at work from other people and arrange for private transport home. These employees should self-isolate and contact their health care provider immediately.
- Perform enhanced cleaning and disinfection of the truck cab after anyone suspected or confirmed to have COVID-19 has been in the cab.
- Employees who test positive for COVID-19 should immediately notify their employer of their results.
  - o Sick employees should follow CDC recommended steps to self-isolate or seek care. Employees should not return to work until the criteria to discontinue home isolation are met, in consultation with healthcare providers.
  - o Screening options could include having employees self-screen before arriving at work or taking employees' temperatures and assessing potential symptoms prior to beginning work (see CDC Interim Guidance for Businesses and Employers).
  - o A test-based strategy is not recommended to validate an employee's illness, or to qualify an employee for sick leave or return to work.

3. **Develop hazard controls using the hierarchy of controls to prevent infection among workers. You may be able to include a combination of controls noted below.**

Engineering Controls (Isolate people from the hazards)
Alter the workspace using engineering controls to prevent exposure to the virus that causes COVID-19.

- Confirm that truck cabs' fresh air vents and blowers are working properly.
- Increasing ventilation is most important when there is more than one occupant in the vehicle.

Administrative Controls (Change the way people work)

Provide training and other administrative policies to prevent the spread of COVID-19.

- All workers should have a basic understanding of COVID-19, how the disease is thought to spread, what the symptoms of the disease are, and what measures can be taken to prevent or minimize the transmission of the virus that causes COVID-19.
- Trainings should include the importance of social distancing (maintaining a distance of 2 meters or more when possible), wearing cloth masks appropriately, covering coughs and sneezes, washing hands, cleaning and disinfecting high-touch surfaces, not sharing personal items or tools/equipment unless absolutely necessary, and not touching their face, mouth, nose, or eyes.
- Follow the CDC guidance for critical infrastructure workers who may have had exposure to a person with suspected or confirmed COVID-19.
    o Reintegrating exposed, asymptomatic workers back to work, while discussed in the guidance, should not be misinterpreted as the first or most appropriate option.
    o Home isolation may still be the most preferred and viable option for exposed workers.
- ✓ Make a plan with your employees as to what to do if they become sick while on the road. Include where to stop, where and how to seek medical advice and treatment, and plans for freight delivery.
- ✓ Consider using a hotline for employees to voice concerns unanimously.
    o Communicate regularly with local public health officials to obtain information on outbreak locations, with a focus on common truck driver routes.
- ✓ Pre-qualify truck stops, rest areas, and hotels to ensure such facilities are open, supplied, and follow recommended COVID-19 safety practices, such as:
    o Cleanliness and disinfection (such as routine cleaning, available hand-sanitizing stations, and private showers).
    o Proper food handling and food service (such as replacing self-service with full service).
    o Contactless fuel payment.
- ✓ Require truck drivers to wear cloth masks as appropriate.
    o Cloth masks are intended to protect other people—not the wearer. They are not considered to be personal protective equipment.
    o Emphasize that care must be taken when putting on and taking off cloth masks to ensure that the worker or the cloth face covering does not become contaminated.
    o Cloth masks should be routinely laundered.

- o Cloth masks should not be worn if their use creates a new risk (for example, interferes with driving or vision or contributes to heat-related illness) that exceeds their COVID-19-related benefits of slowing the spread of the virus.
- ✓ Take additional precautions to address risks associated with ride-alongs or team driving (two drivers in the cab on a long-haul run) when they cannot be avoided. For example, wear a cloth mask when sharing the cab with someone outside of your household and 2 meters of distance cannot be maintained.
- ✓ Clean and Disinfect high-touch surfaces.
  - o Use products that are known to disinfect, diluted household bleach solutions, or alcohol solutions with at least 70% alcohol, appropriate for surface disinfection.
  - o If surfaces are dirty, clean them using a detergent or soap and water before you disinfect them.
  - o Provide sanitizing disposable wipes and other cleaning materials and ask drivers to disinfect frequently touched surfaces (door handles, steering wheel, seat belt and buckle, arm and head rest, seat cover, turn signal, wiper controls, dashboard, air ducts, radio, temperature controls, etc.)
- ✓ Institute measures to physically separate and increase distance between drivers, other coworkers, and customers, such as:
  - o During driver training situations, use virtual training methods and in-vehicle monitoring systems where possible. Limit ride-alongs and in-person classroom-based training.
  - o Use devices that allow for drivers to conduct contactless deliveries.
- ✓ Do not share materials such as clip boards, pens, and touchscreens if possible.
- ✓ Disinfect shared clip boards, pens, and touchscreens after each delivery.
- ✓ Provide hand sanitizer with at least 60% alcohol, tissues, and small trash cans for truck cabs.
- ✓ Remind employees that people may be able to spread COVID-19 even if they do not show symptoms. Consider all close interactions (within 2 meters) with employees, dock workers, and others as a potential source of exposure.
- ✓ Post signs and reminders at entrances and in strategic places providing instruction on social distancing, hand hygiene, respiratory hygiene, and cough etiquette. Signs should be easy to understand.
- ✓ Communication and training should be easy to understand, in preferred language(s) spoken or read by the employees and include accurate and timely information.
  - o Emphasize use of images (infographics) that account for language differences and make it easy to understand.
  - o Training should be reinforced with signs (preferably infographics), placed in strategic locations. CDC has free, simple posters available to download and print, some of which are translated into different languages, including Dari and Pashto.
  - o *Links to CDC Posters and Signs that can be printed and displayed in the workplace can be found here: English, Dari and Pashto*
- ✓ Schedule driver routes to allow for adequate sleep and use fatigue management strategies.
- ✓ Consider using a hotline for employees to voice concerns anonymously.

4. **Personal Protective Equipment (PPE)**

PPE is the last step in the hierarchy of controls because it is more difficult to use effectively than other measures. To be protective and not introduce an additional hazard, the use of PPE requires characterization of the environment, knowledge of the hazard, training, and consistent correct use.

➢ **Provide truck drivers with all PPE (including vests, safety glasses, hard hats) that they might need while on the road so that the driver does not need to borrow PPE from shippers.**

In Afghanistan, the following applies to both outbound and inbound passengers:

- All **outbound passengers flying from Afghanistan** and going to other countries must present a certificate or official written proof showing they tested negative for COVID-19 within 96 hours prior to departure before being allowed to board the plane.
- Effective December 5, 2020, the Cabinet of Government of the Islamic Republic of Afghanistan declared that all the **inbound passengers flying into Afghanistan** also must present a certificate or official written proof showing they tested negative for COVID-19 within 96 hours prior to being allowed to board the flight.

The Centers for Disease Control & Prevention (CDC) developed the below guidelines for commercial airlines and airline crews for managing ill travelers onboard if COVID-19 is suspected. It can also be found at the following link: https://www.cdc.gov/quarantine/air/managing-sick-travelers/ncov-airlines.html

According to the CDC, symptoms include fever, cough, and difficulty breathing. These symptoms also can occur with many other common respiratory infections, such as flu.

For Travelers Identified during Flight:

The CDC recommends doing the following:

- Report travelers with:
    - Fever (person feels warm to the touch, gives a history of feeling feverish, or has an actual measured temperature of 100.4°F [38° C] or higher) that has persisted for more than 48 hours

        OR

    - Fever AND one of the following:
        - Difficulty breathing
        - Persistent cough
        - Skin Rash
        - Decreased consciousness or confusion of recent onset
        - New unexplained bruising or bleeding (without previous injury)
        - Persistent diarrhea
        - Persistent vomiting (other than air sickness)
        - Headache with stiff neck, or
        - Appears obviously unwell

- Report as soon as possible before arrival, if possible.

CDC recommends that airlines and cabin crew review CDC's [Infection Control Guidelines for Cabin Crew](#)

- CDC recommends that companies review and update, as needed, their personal protection policies and communicate and train employees on how to manage sick travelers.

CDC recommends the following measures for cabin crew to protect themselves and others, manage a sick traveler, clean contaminated areas, and take actions after a flight.

- Practice routine handwashing.
  - Wash hands often with soap and water for at least 20 seconds, particularly after assisting sick travelers or touching potentially contaminated body fluids or surfaces; after coughing, sneezing, or blowing your nose; after using the restroom; and before preparing or serving food or beverages.
  - Use alcohol-based hand sanitizer (containing at least 60% alcohol) if soap and water are not available.
    - Airlines should consider providing alcohol-based hand sanitizer to cabin and flight crews for their personal use.

- Identify sick travelers who meet the above description.
  - Minimize contact between passengers and cabin crew and the sick person. If possible, separate the sick person from others (by a distance of 2 meters, ideally) and designate one crew member to serve the sick person.
  - Offer a face mask, if available and if the sick person can tolerate it. If a face mask is not available or cannot be tolerated, ask the sick person to cover their mouth and nose with tissues when coughing or sneezing.

- Treat all body fluids (such as respiratory secretions, diarrhea, vomit, or blood) as infectious.
  - Wear disposable medical gloves when tending to a sick traveler or touching body fluids or potentially contaminated surfaces. Remove gloves carefully to avoid contaminating yourself, then wash hands.
  - When tending to a sick traveler who has fever, persistent cough, or difficulty breathing, use additional personal protective equipment (PPE) found in what the International Air Transport Association (IATA) calls the Universal Precaution Kit that includes a face mask, eye protection, and a gown to cover clothing. Ensure an adequate supply of recommended PPE is available during flight.
    - The IATA precaution kit can include:
      - Dry powder that can convert small liquid spill into a granulated gel
      - Germicidal disinfectant for surface cleaning
      - Skin wipes

- Face/eye mask (separate or combined)
- Gloves (disposable)
- Impermeable full-length long-sleeved gown that fastens at the back
- Large absorbent towel
- Pick-up scoop with scraper
- Bio-hazard disposal waste bag
- Instructions
  - Properly dispose of gloves and other disposable items that came in contact with the sick person or body fluids in biohazard bag or a secured plastic bag labeled as "biohazard."

- Clean and disinfect contaminated surfaces according to airline protocol.

After arrival, a health assessment of the sick traveler's symptoms and possible exposures should be conducted. If necessary, transport should be coordinated of the sick person to a health care facility for medical evaluation and testing. The airline should be updated about the results of the testing and any need for follow-up of exposed crew members or passengers.

Cleaning of Aircraft after Flight

The CDC recommends the following guidelines for cleaning the aircraft after flight:

- If no symptomatic passengers were identified during or immediately after the flight:
  - Follow routine operating procedures for cleaning aircraft, managing solid waste, and wearing PPE.
- If symptomatic passenger(s) are identified during or immediately after the flight, routine cleaning procedures should be followed, and enhanced cleaning procedures should also be used as follows:
  - Clean porous (soft) surfaces (e.g., cloth seats, cloth seat belts) at the seat of the symptomatic passenger(s) and within 2 meters of the symptomatic passenger(s) in all directions.
    - Clean porous (soft) surfaces (e.g. seat covers and carpet) by removing visible contamination if present and using appropriate cleaners that are compatible with aircraft surfaces and components in accordance with the manufacturer's instructions. For items that can be laundered, use the warm setting and dry items completely on high heat.
  - Clean non-porous (hard) surfaces (e.g., leather or vinyl seats) at the seat of the symptomatic passenger(s) and within 2 meters of the symptomatic passenger(s) in all directions, including: armrests, plastic and metal parts of the seats and seatbacks, tray tables, seat belt latches, light and air controls, cabin crew call button, overhead compartment handles, adjacent walls, bulkheads, windows and window shades, and individual video monitors.

- Clean non-porous (hard) surfaces with disinfectant products with EPA-approved emerging viral pathogens claims that are expected to be effective against the virus that causes COVID-19 (SARS-CoV-2) and ensure these products are compatible with aircraft surfaces and components. All products should be used according to label instructions (e.g., concentration, application method and contact time, PPE).
  - Clean lavatories used by the symptomatic passenger(s), including: door handle, locking device, toilet seat, faucet, washbasin, adjacent walls, and counter.
  - Properly dispose of any items that cannot be cleaned (e.g., pillows, passenger safety placards, and other similar items as described below).

Recommended Personal Protective Equipment (PPE) during Enhanced Cleaning:

- Disposable gloves that are recommended by the manufacturer of the disinfectant should be worn.
- Disposable gowns should be worn while cleaning the cabin and lavatories.
- If splashing is possible, eye protection, such as a face shield or goggles and facemask may be required according to the manufacture's label.

General Recommendations during the Enhanced Cleaning Process:

- Ground and cleaning crews should not board the plane until all travelers have disembarked.
- Ventilation systems should be kept running while cleaning crews are working aboard the airplane.
- If visible contamination (e.g., a body substance such as blood or body fluids) is present, the CDC recommends that routine airline cleaning procedures should be followed based on blood or body substance spill management according to 29 CFR 1910.1030.OSHA's Bloodborne Pathogen Standard, 29 CFR 1910.1030.
- The CDC said that airlines should ensure workers are trained on the hazards of the cleaning chemicals used in the workplace in accordance with OSHA's Hazard Communication Standard, 29 CFR 1910.1200.
- Airlines should train ground and cleaning crews on and require that crew members demonstrate an understanding of when to use PPE, what PPE is necessary, how to properly put on, use, and take off PPE.
- After taking off PPE, cleaning staff should immediately clean hands with soap and water for at least 20 seconds. If soap and water not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.
  - Airlines should consider providing alcohol-based hand sanitizer to cleaning staff for their personal use.
- Cleaning staff should immediately report breaches in PPE (e.g., tear in gloves) or any potential exposures (e.g., contact with blood or body fluids without wearing appropriate PPE) to their supervisor.

- Cleaning staff should dispose of PPE and other disposable items used in cleaning following the airline's routine procedures.
- Ground crews assigned to wastewater management operations should follow routine procedures.
- Employers should educate workers to recognize the symptoms of COVID-19 and provide instructions on what to do if they develop symptoms.
    - Cleaning staff should immediately notify their supervisor if they develop symptoms of COVID-19.