











Australian Government

Department of Infrastructure, Transport,  
Regional Development and Communications

# 8 things to check

<b>COVID-19 CHECKLIST FOR INTERSTATE FREIGHT WORKERS</b>		<b>TICK</b>
	<p><b>Do you have a negative COVID-19 test?</b> As an interstate freight worker you must have a 7-day rolling COVID-19 test and carry your results with you.</p>	<input type="checkbox"/>
	<p><b>Do you have a COVID-19 plan?</b> Plan for what you will do if you become unwell or test positive for COVID-19. This should also be part of your COVIDSafe plan.</p>	<input type="checkbox"/>
	<p><b>Do you know the latest information?</b> Check official COVID-19 websites daily and be aware of where the hotspots are. Things can change quickly and rules can be different in each state and LGA.</p>	<input type="checkbox"/>
	<p><b>Are you prepared to cross the border?</b> States and territories may have different requirements. Before you leave check if you need a permit, evidence of vaccination or your COVID-19 test results. Have these close by when crossing the border.</p>	<input type="checkbox"/>
	<p><b>Have you checked your health?</b> Know the symptoms of COVID-19 – fever, cough, and a sore throat. Do a daily self check-up on how you feel. If you have any of these symptoms, or think you may have COVID-19, tell your manager or workplace, isolate and get a COVID-19 test.</p>	<input type="checkbox"/>
	<p><b>Do you have a mask?</b> Protect yourself and others by wearing a mask at all times when outside of your truck or train, sanitising your hands and practice social distancing. Ensure your mask covers your nose and mouth and change it often. Wash and sanitise your hands before and after you deliver or pick up freight.</p>	<input type="checkbox"/>
	<p><b>Are you ready to check in?</b> Always use QR codes to check in when you stop. Download the state or territory check-in app before you cross the border to avoid delays. If there are no QR codes, keep a record of where you've been, at what times and who you've seen.</p>	<input type="checkbox"/>
	<p><b>Remember: Keep your distance</b> Only leave your vehicle to use rest stops, refuel, deliver or load freight, or for work health and safety reasons. When you do, maintain social distancing of 1.5 metres from others at all times.</p>	<input type="checkbox"/>

## FREIGHT MOVEMENT CODE

Visit [infrastructure.gov.au/covid-freight](https://infrastructure.gov.au/covid-freight)