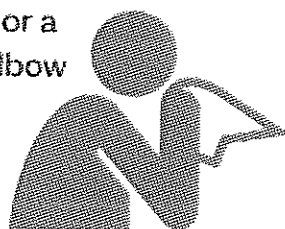


COVID-19

Protect yourself and others from getting sick

When coughing and sneezing, cover your nose and mouth with a tissue or a flexed elbow

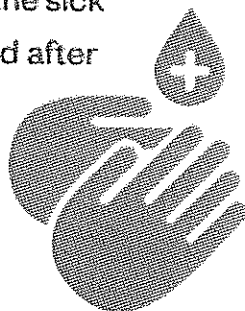


Throw the tissue into a closed bin immediately after use

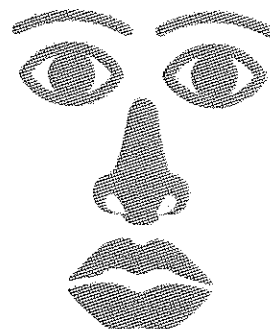


Clean your hands with an alcohol-based hand rub or with soap and hot water for at least 20 seconds:

- After coughing or sneezing
- When caring for the sick
- Before, during and after preparing food
- Before eating
- After toilet use
- When hands are visibly dirty



Avoid touching eyes, nose and mouth



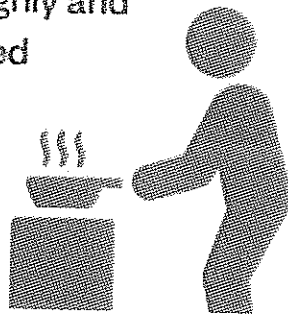
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COVID-19

Practise Food Safety

Meat products can be safely consumed if they are cooked thoroughly and properly handled during food preparation



Do not eat sick or diseased animals



Use different chopping boards and knives for raw meat and cooked foods



Wash your hands with soap and hot water for at least 20 seconds between handling raw and cooked food



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COVID-19

Stay healthy while travelling

Avoid these modes of travel if you have a fever or a cough



Eat only well-cooked food



Avoid spitting in public



Avoid close contact and travel with sick animals, particularly in wet markets



When coughing and sneezing, cover your mouth and nose with a tissue or flexed elbow. Throw the tissue into a closed bin immediately after use and clean your hands



Frequently clean your hands with an alcohol-based hand rub or with soap and hot water for at least 20 seconds



Avoid touching eyes, nose and mouth



Avoid close contact with people suffering from a fever or a cough



If wearing a face mask, be sure it covers your mouth and nose and do not touch it once on. Immediately discard single-use masks after each use and clean your hands after removing masks



If you become sick while travelling, tell crew or ground staff



Seek medical care early if you become sick, and share your history with your health provider



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WHO has issued interim guidance advising on the use of masks in the context of COVID-19. It reviews the use of masks in communities, home care and health care settings in areas reporting COVID-19 cases. Whilst intended for individuals ashore, public health and infection prevention and control (IPC) professionals and health care workers, WHO has stated that the advice also applies to situations on board. Current information and evidence suggests that:

- The two main transmission routes for COVID-19 are respiratory droplets and contact. Respiratory droplets are generated when an infected person coughs or sneezes. Any person in close contact (within 1m) with someone with respiratory symptoms (coughing, sneezing) is at risk of exposure to potentially infective respiratory droplets. Droplets may also land on surfaces where COVID-19 could remain viable; thus, the immediate environment of an infected individual can be a source of contact transmission.
- Incubation for COVID-19 (time between exposure and symptom onset) is on average 5–6 days but can be up to 14 days. During this time, some infected persons can be contagious and transmit the virus to others. Data suggests that some people can test positive from 1–3 days before developing symptoms and may infect others.
- Pre-symptomatic transmission still requires the virus to spread via infectious droplets or through touching contaminated surfaces.
- WHO defines medical masks as flat or pleated surgical or procedure masks (some shaped like cups) affixed to the head with straps. They are tested using standardised test methods to balance high filtration, adequate breathability and, optionally, fluid penetration resistance.
- Wearing a medical mask is a prevention measure to try to limit the spread of certain respiratory viral diseases, including COVID-19. **However, use of a mask alone is insufficient to provide an adequate level of protection, and other measures should also be adopted.** Maximum compliance with hand hygiene and other IPC measures are critical to prevent transmission.
- Use of a medical mask can prevent the spread of infectious droplets from an infected person to someone else and potential environmental contamination from droplets. Limited evidence suggests wearing a medical mask by healthy individuals among contacts of a sick patient may be beneficial as a preventive measure but there is no evidence that mask wearing (medical or other type) by healthy persons prevents infection.
- Community use of medical masks may create a false sense of security and neglect of other essential measures, such as hand hygiene practices and physical distancing, and may lead to touching the face under the masks and under the eyes. This could result in unnecessary costs and a shortage of masks for health care workers.

Masks provided specifically for medical purposes should be reserved for those providing medical care on board.

There are mixed opinions on **the wide use of masks by healthy people on board** due to uncertainties and critical risks, including:

- Self-contamination can occur by touching and reusing a contaminated mask.
- Depending on type of mask used, potential breathing difficulties.
- False sense of security, risking less adherence to other preventive measures e.g. physical distancing and hand hygiene.
- Diversion of mask supplies and consequent shortage of masks for health care providers.

WHO advises that use of non-medical masks, e.g. masks made of cotton fabric, for communal use has not been well evaluated and argues there is currently no evidence to recommend for or against their use. Nevertheless, some national decision makers are suggesting use of non-medical masks can control potential spread from asymptomatic carriers. Some templates to produce such masks are provided at **Annex E**. The following features should be considered:

How many layers of fabric /tissue	Water repellence/hydrophobic qualities	Breathability of material
Shape of mask	Fit of mask	

Cloth masks should not be used by those providing on board medical care due to increased risk of infection compared to medical masks.

If production of cloth masks for use in on board medical care settings is proposed locally due to shortages, the local port medical authority should assess minimum standards and technical specification.

For any type of mask, appropriate use and disposal are essential to ensure that they are effective and to avoid any increase in transmission. WHO advises:

- Place the mask carefully covering the mouth and nose and tie securely to minimise any gaps between the face and mask.
- Avoid touching the mask while wearing it.
- Remove the mask using the appropriate technique: do not touch the front of the mask but untie it from behind.
- After removal or whenever a used mask is inadvertently touched, clean hands using an alcohol-based hand rub or soap and water if hands are visibly dirty.
- Replace masks as soon as they become damp with a new clean, dry mask.
- Do not re-use single-use masks.
- Discard single-use masks after each use and dispose of them immediately upon removal.

This form is consistent with the template found at the Appendix B in the IMO Recommended framework of protocols for ensuring safe ship crew changes and travel during the coronavirus (COVID-19) pandemic (IMO Circular Letter No.4204/Add14).

Crew/Passenger Health Self-Declaration Form

This form should be completed by all persons prior to, or at the time of, embarkation on to the ship. It is intended to screen persons for COVID-19 infection and collect other relevant information. [Insert reference or link to relevant data protection/privacy policy.]

Date:

Full Name
(as found on passport or other ID)

Last (Family) Name:

First (Given) Name:

Name of Ship:

1. Have you received information and guidance on the coronavirus (COVID-19), including about standard health protection measures and precautions? Yes / No
2. Do you understand and comply with applicable standard health protection measures and precautions to prevent the spread of the coronavirus (COVID-19), such as proper hand washing, coughing etiquette, appropriate social distancing? Yes / No

During the last 14 days, have you:

3. Tested positive for being infected with the coronavirus (COVID-19)? Yes / No
If "Yes", please provide date of test and name of test:
4. Tested positive for the antibodies for the coronavirus (COVID-19)? Yes / No
If "Yes", please provide date of test and name of test:

5. Shown any symptoms associated with the coronavirus (COVID-19), specifically.

A fever: Yes / No

A dry cough: Yes / No

Tiredness: Yes / No

Shortness of breath: Yes / No

Aches and pains: Yes / No

Sore throat: Yes / No

Diarrhoea: Yes / No

Nausea: Yes / No

Loss or change in taste/smell: Yes / No

Rash: Yes / No

6. Completed a period of self-isolation related to the coronavirus (COVID-19)?

Yes / No

If "Yes", please explain the circumstances and the length of self isolation:

7. Had close contact with anyone that has tested positive for coronavirus (COVID 19)?
("Close contact" means being at a distance of less than one metre for more than 15 minutes.)

Yes / No

8. Had close contact with anyone with symptoms of the coronavirus (COVID-19)?
("Close contact" means being at a distance of less than one metre for more than 15 minutes.)

Yes / No

9. Maintained good personal hygiene and complied with applicable health protection measures and precautions?

Yes / No

I confirm that the information provided above is correct to the best of my knowledge.

Signature:

--

Date:

--

Date of form completion: (yy/mm/dd) <div style="border: 1px solid black; display: inline-block; padding: 2px;"> 2 0 </div>			
Public Health Passenger/Crew Locator Form: To protect your health, public health officers need you to complete this form whenever they suspect a communicable disease onboard a ship. Your information will help public health officers to protect you if you were exposed to a communicable disease. It is important to fill out this form completely and accurately. Your information is intended to be held in accordance with applicable laws and used only for public health purposes.			
One form should be completed by an adult member of each family/crew member. Print in capital (UPPERCASE) letters. Leave blank boxes for spaces.			
SHIP INFORMATION:			
1. Ship Name & I. M. O. number		2. Cabin Number	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
3. Date of disembarkation (yy/mm/dd)		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
PERSONAL INFORMATION:			
4. Last (Family) Name		5. First (Given) Name	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
6. Middle Initial		7. Your sex	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		Male <input type="checkbox"/> Female <input type="checkbox"/>	
PHONE NUMBER(S) where you can be reached if needed. Include country code and city code.			
8. Mobile		9. Business	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
10. Home		11. Other	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
12. Email address			
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>			
PERMANENT ADDRESS:			
13. Number and street (Separate number and street with blank box)			14. Apartment number
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>			<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>
15. City			16. State/Province
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>			<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>
17. Country			18. ZIP/Postal code
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>			<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>
TEMPORARY ADDRESS: If in the next 14 days you will not be staying at the permanent address listed above, write the place where you will be staying.			
19. Hotel name (if any)		20. Number and street (Separate number and street with blank box)	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
21. City		22. Apartment number	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
23. Country		24. State/Province	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
25. Country		26. ZIP/Postal code	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
EMERGENCY CONTACT INFORMATION of someone who can reach you during the next 30 days			
27. Last (Family) Name		28. First (Given) Name	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
29. Country		30. City	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
31. Mobile phone		32. Email	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
33. Mobile phone		34. Other phone	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
35. TRAVEL COMPANIONS - FAMILY: Only include ages if younger than 18 years			
Last (Family) Name		First (Given) Name	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
Cabin number		Age <18	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
36. TRAVEL COMPANIONS - NON-FAMILY: Also include name of group (if any)			
Last (Family) Name		First (Given) Name	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
Group (boat, train, bus, hotel, other)		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	
<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>		<div style="border: 1px solid black; width: 100%; height: 1.2em;"></div>	

COVID-19

A3

Stay healthy while travelling

Avoid these modes of travel if you have a fever or a cough



Eat only well-cooked food



Avoid spitting in public



Avoid close contact and travel with sick animals, particularly in wet markets



When coughing and sneezing, cover your mouth and nose with a tissue or flexed elbow. Throw the tissue into a closed bin immediately after use and clean your hands



Frequently clean your hands with an alcohol-based hand rub or with soap and hot water for at least 20 seconds



Avoid touching eyes, nose and mouth



Avoid close contact with people suffering from a fever or a cough



If wearing a face mask, be sure it covers your mouth and nose and do not touch it once on. Immediately discard single-use masks after each use and clean your hands after removing masks



If you become sick while travelling, tell crew or ground staff



Seek medical care early if you become sick, and share your history with your health provider



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1 Eliminare	<p>L'eliminazione del pericolo è la misura più efficace per ridurre i rischi. I lavori a bordo non devono essere condotti se esiste un metodo più sicuro per intraprendere l'attività per non andare su una nave. In un numero di casi ad es. condurre audit, survey, ispezioni e formazione esistono possibilità remote che possono eliminare la necessità di salire a bordo o ridurre il numero di personale che deve partecipare</p>	<ul style="list-style-type: none"> • La frequenza a bordo è necessaria in questo momento? • Il lavoro può essere svolto in remoto? • il lavoro può essere rinviato? <p>Se la frequenza a bordo non può essere eliminata, è possibile ridurre il rischio?</p> <p>Ad esempio, il numero dei presenti può essere ridotto e/o parte del lavoro normalmente svolto a bordo può essere ridotto ad es. la revisione documentale, le interviste, ecc. possono essere condotte in remoto?</p>
2 Ridurre	<p>La frequenza a bordo può essere ridotta? Laddove non sia possibile eliminare completamente i pericoli, il rischio potrebbe essere ridotto minimizzando il lavoro a bordo</p>	<ul style="list-style-type: none"> • È possibile ridurre il numero di persone presenti a bordo e/o la durata del tempo trascorso a bordo ridotta? • È possibile svolgere parte del lavoro in remoto, ad es. ispezioni visive, esercitazioni, interviste? • È necessario partecipare a bordo di persona o è possibile organizzare riunioni in remoto per ridurre il numero di partecipanti e ridurre la durata? • È possibile fornire informazioni per la revisione remota per ridurre la presenza a bordo? <p>Una volta che la presenza a bordo è stata ridotta il più possibile, è necessario considerare come controllare il rischio residuo</p>
3 Comunicare	<p>Se la presenza a bordo del personale di terra non può essere eliminata, comunicare e comprendere i requisiti dei partecipanti. Garantire che i requisiti di ciascuna parte, della nave e dell'organizzazione di terra siano stati comunicati in tempo utile tra loro e siano state valutate e comprese. In caso di differenze nelle esigenze, le misure di controllo devono essere concordate e comprese da tutte le parti prima dell'intervento a bordo della nave.</p>	<ul style="list-style-type: none"> • I requisiti delle navi e delle organizzazioni di terra relativi alla gestione dei rischi e al controllo del COVID-19 sono stati comunicati in tempo utile a tutte le parti prima dell'arrivo? È previsto che l'agente della nave dovrà svolgere un ruolo importante in questo senso. • I requisiti di ciascuna parte sono compresi dall'altra parte? • I requisiti sono allineati, ad es. requisiti per l'uso dei DPI? <p>Se la gestione del rischio e i requisiti di una parte non sono allineati o non sono stati compresi, ulteriori misure di controllo potrebbero essere necessarie.</p>
4 Controllare	<p>Se i requisiti di ciascuna parte, della nave e dell'organizzazione a terra sono stati tra loro comunicati e valutati e non sono stati compresi o ci sono differenze, allora devono essere prese misure di controllo in modo che tutti i requisiti siano compresi e che i requisiti possono essere</p>	<p>Se le misure di controllo della nave e dell'organizzazione a terra inizialmente non allineati o non completamente compresi devono essere identificate le azioni necessarie per correggere la situazione. Le considerazioni dovrebbero includere:</p> <ul style="list-style-type: none"> • È necessario fornire una spiegazione aggiuntiva dei requisiti forniti?

	<p>reciprocamente concordati e compresi da tutte le parti prima dell'intervento a bordo della nave</p>	<ul style="list-style-type: none"> • Se i requisiti non sono compresi e o allineati, misure di controllo possono essere implementate chiarendo i requisiti e/o concordando requisiti reciprocamente accettabili? • Quali misure di protezione sono in atto a bordo e per il personale che sale? • Sono accettabili misure alternative, ad es. fornitura della nave di DPI al personale di terra? • È possibile mantenere il distanziamento sociale? • L'ingresso nelle zone alloggio dell'equipaggio può essere evitato/minimizzato? <p>Una volta che i requisiti che differiscono dalla normale pratica per ciascuna delle parti sono concordati da parte di tutte le parti interessate, gli stessi dovrebbero essere comunicati in modo chiaro a tutte le parti coinvolte, vale a dire a tutto l'equipaggio e tutti i partecipanti di terra.</p>
5 DPI	<p>Comprendere quali DPI sono richiesti e che dovrebbero essere utilizzati dall'equipaggio e dal personale di terra durante le presenze a bordo ed in quali orari.</p>	<p>Oltre a comprendere le aspettative sui DPI reciprocamente concordate sia dall'equipaggio della nave che del personale di terra, dovrebbe essere valutato quanto segue:</p> <ul style="list-style-type: none"> • I DPI concordati sono disponibili per entrambe le parti? In caso contrario, può essere fornito dall'altra parte, se necessario, prima o al momento dell'imbarco? • I DPI disponibili sono conformi alle specifiche raccomandate ed appropriate nonché compatibili con gli altri DPI e le attrezzature da indossare durante l'intervento. I DPI forniti consentono l'esecuzione efficace dei lavori previsti? • Il DPI è sterile, laddove applicabile? • L'utente è stato istruito su come ispezionare, indossare, utilizzare e smaltire i DPI?

1 Eliminate	<p>Elimination of the hazard is the most effective measure to reduce risks.</p> <p>Work onboard should not be conducted if there is a safer method to undertake the task, such as not going to a ship. In a number of instances e.g. conducting audit, surveys, inspections and training remote possibilities exist which may eliminate the need to go onboard or reduce the numbers of personnel needing to attend.</p>	<ul style="list-style-type: none"> • Is attendance on board necessary at this time? • Can the work be undertaken remotely? • Can the work be postponed? <p>If attendance on board cannot be eliminated, then can the risk be reduced? For example, can numbers attending be reduced and/or can part of the work normally conducted onboard be reduced e.g. can documentary review and interviews etc. be conducted remotely?</p>
2 Reduce	<p>Can attendance on board be reduced?</p> <p>Where it is not possible to fully eliminate the hazards, the risk could be reduced by minimizing the onboard element of the work.</p>	<ul style="list-style-type: none"> • Can numbers of persons attending onboard be reduced and/or duration of time spent onboard be reduced? • Can part of the work be undertaken remotely e.g. visual inspections, witnessing drills, interviews? • Is it necessary to attend on board in person or can meetings be set up remotely to reduce numbers attending and reduce duration? • Can information be provided for remote review to reduce shipboard attendance? <p>Once attendance onboard has been reduced as far as possible, then consideration should be given to how to control the remaining risk.</p>
3 Communicate	<p>If onboard attendance of shore-based personnel cannot be eliminated, communicate and understand participant requirements.</p> <p>Ensure requirements of each party, the ship and the shore-based organization have been communicated in good time to each other and are assessed and understood.</p> <p>If there are differences in requirements control measures should be agreed and understood by all parties prior to the shipboard intervention taking place.</p>	<ul style="list-style-type: none"> • Have the ship's and shore-based organizations requirements related to risk management and control of COVID-19 been communicated in good time to all parties prior to arrival? It is envisaged that the ship's agent will need to play an important role in this regard. • Are the requirements of each party understood by the other parties? • Are requirements aligned e.g. requirements for the use of PPE? <p>If risk management and requirements of any party are not aligned or not understood, then additional administrative control measures may be necessary.</p>

4 Control	<p>If the requirements of each party, the ship and the shore-based organization have been communicated to each other and assessed, and are either not understood or there are differences then administrative control measures need to be taken so that all requirements are understood and so that requirements can be mutually agreed and understood by all parties prior to the shipboard intervention taking place.</p>	<p>If the control measures of the ship and the shore-based organization are not initially aligned or not fully understood identify actions required to rectify the situation.</p> <p>Considerations should include:</p> <ul style="list-style-type: none"> • Does additional explanation of requirements need to be provided? • If requirements are not understood and/or aligned, can control measures be implemented through clarifying requirements and/or agreeing mutually acceptable requirements? • What protective measures are in place on board and for the attending personnel? • Are alternative measures acceptable e.g. ship's provision of PPE to shore-based personnel? • Can social distancing be maintained? • Can entry into crew accommodation spaces be avoided/minimized? <p>Once mutually acceptable requirements that differ to normal practice for either party are agreed the requirements concerned should be clearly communicated and agreed by all parties impacted i.e. all ships' crew and all shore-based participants.</p>
5 Personal Protective Equipment (PPE)	<p>Understand what PPE is required and expected to be used by crew and shore-based personnel during attendance on board and at what times.</p>	<p>In addition to understanding mutually agreed PPE expectations of both the ship's crew and shore-based staff the following should be assessed:</p> <ul style="list-style-type: none"> • Is the agreed PPE available to both parties? If not, can it be provided by the other party if necessary, either prior to or at the time of boarding? • Does available PPE comply with appropriate recommended specifications and is it compatible with the other PPE and equipment to be worn during the intervention. Does the provided PPE allow for the intended work to be carried out effectively? • Is the PPE sterile, where applicable? • Has the user been instructed how to inspect, wear, use and dispose of the PPE?

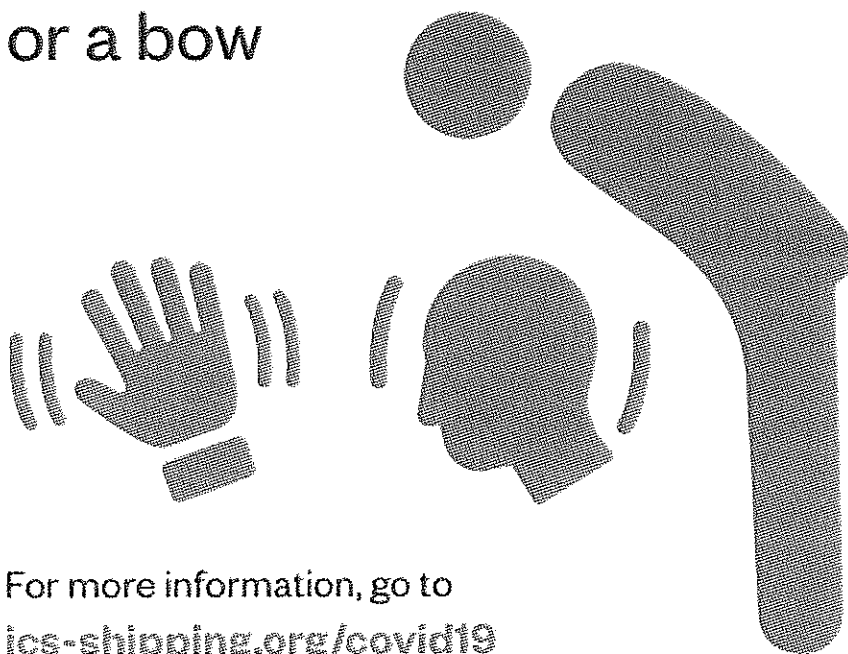
COVID-19

A5

How to safely greet others

Avoid physical contact.

Safe greetings include
a wave, a nod
or a bow



For more information, go to
ics-shipping.org/covid19



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COVID-19

A7

Protecting everyone during ship visits

COVID-19 is spread through small droplets from the nose or mouth of an infected person which may be inhaled or land on objects and surfaces other people touch, after which they then touch their eyes, nose or mouth.

Protect through social distancing and good hygiene

Keep a minimum of 1-2 metres distance.

No handshakes or physical contact.

Wash hands frequently and thoroughly, keeping contact surfaces clean, and touch your face less.



Prepare for visitors

Wipe down areas and objects visitors are likely to touch with an anti-bacterial solution.

Restrict access into the ship's accommodation – keep doors locked and post 'no entry' signs.

Provide alcohol hand gel ready for use upon entry onto the ship and around the ship.

Have designated toilet and handwashing facilities for visitors, which are well-stocked with soap.

Try to prepare and complete documents digitally – avoid handling paper and laminated documents.

Have PPE, such as disposable gloves, ready to use in unavoidable close contact situations.



Keep your guard up

Maintain effective ship and gangway security and prevent unauthorised personnel boarding the ship.

If someone trying to board the ship exhibits symptoms – refuse access and report it.

Continue to sanitise contact areas throughout the ship's stay in port.



Take it outside

Where possible, hold conversations and meetings with visitors on the open deck or open bridge wings.

If visitors must be inside, limit the number of crew nearby to the absolute minimum.



Based on information kindly provided
by the North of England P & I Club



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For more information, go to
ics-shipping.org/covid19

COVID-19

A6

Shipboard care for people with suspected or confirmed COVID-19

For ill crew members

Clean hands frequently with soap and water or with alcohol-based hand rub.



Stay in your cabin and do not attend work. Rest, drink plenty of fluids and eat healthy food.



Stay in a separate cabin from other people. If this is not possible, wear a mask and keep a distance of at least 1m away. Keep the cabin well-ventilated and if possible use a dedicated bathroom.



When coughing or sneezing, cover your mouth and nose with flexed elbow or use disposable tissues and discard after use. If you experience difficulty breathing, contact radio medical.



For caregivers

Clean hands frequently with soap and water or with alcohol-based hand rub.



Wear a medical mask when in the same cabin with an ill person. Do not touch your face during use and discard it afterward.



Use dedicated dishes, cups, eating utensils, towels and bed linen for the ill person. Wash everything used by the ill person with soap and water.



Identify surfaces frequently touched by the ill person and clean and disinfect them daily.



Contact radio medical immediately if the ill person worsens or experiences difficulty breathing.



For all crew members

Clean hands frequently with soap and water or with alcohol-based hand rub.



Avoid unnecessary exposure to the ill crew member and avoid sharing items, such as eating utensils, dishes, drinks and towels.



When coughing or sneezing, cover your mouth and nose with flexed elbow or use disposable tissues and discard after use.



Monitor everyone's health for symptoms such as fever or a cough. If anyone has difficulty breathing, contact radio medical immediately.



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COVID-19

A9

How to deal with laundry

How to wash and dry clothes, towels and bed linen if a crew member is a suspected COVID-19 patient

Wash the patient's clothes, towels and bed linen separately.

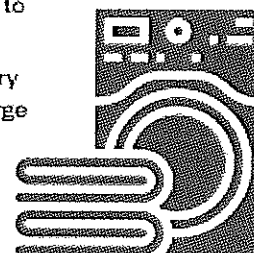
If possible, wear heavy-duty gloves before handling them.

Never carry soiled linen near your body; place soiled linen in a clearly labelled, leak-proof container (e.g. bag, bucket).

Scrape off solid excrement (e.g. faeces or vomit) with a flat, firm object and place it in the patient's toilet before putting linen in the designated container. Place the excrement in a covered bucket to dispose of in a toilet if this is not in the patient's cabin.

Wash and disinfect linen: machine wash at 60–90°C with laundry detergent. Alternatively, soak linen in hot water and soap in a large drum, using a stick to stir, avoid splashing. If hot water is not available, soak linen in 0.05% chlorine for approximately 30 minutes. Rinse with clean water and let linen dry in sunlight.

Do not forget to wash hands at the end of the process.

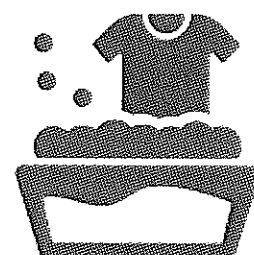


Do I need to use a washing machine and drier to wash and dry clothes, towels and bed linen if no one in the crew is a suspected COVID-19 patient?

No need to use a washing machine or drier, nor extremely hot water.

Do laundry as normal using detergent or soap.

Once dry, clean your hands before handling and storing clothes, towels and bed linen.



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Measures to Enhance Mental Health and Wellbeing	General Wellbeing	Those with general mental health issues	Obsessive compulsive disorder (OCD)	Learning Disability	Autism	Older people
Consider how to connect with others and help and support them						
Contacting trusted friends, family and colleagues is key to mental wellbeing.	✓	✓	✓	✓	✓	✓
Make regular contact via telephone, video calls or social media instead of meeting up.	✓	✓	✓	✓	✓	✓
Identify how to provide help and support to others. Message a friend or family member nearby. Join community groups to support family while at sea.	✓	✓				
Try to accept other people's concerns, worries or behaviours.	✓	✓	✓	✓	✓	✓
Maintain daily physical wellbeing						
Physical health impacts on emotional and mental feelings. At difficult times, it can be easy to adopt unhealthy behaviours which can make things worse. Eat healthy, well-balanced meals, drink enough water, exercise where possible, and avoid smoking and alcohol.	✓	✓				✓
Life is changing for everyone. Staying on board or social distancing will cause disruption to the normal routine. Review how to adapt and create positive new routines, engage in useful activities (e.g. cleaning or exercise) or meaningful ones (e.g. reading or calling a friend). It may be helpful to write a daily plan.	✓	✓				✓
Manage panic and anxiety						
When having panic attacks or flashbacks plan a 'safe space' to go to.	✓	✓	✓	✓	✓	✓
If spending more time on board, seafarers may feel trapped or claustrophobic and should try if possible to go outside daily. Open windows if possible to let in fresh air, and sit with an external view. Change rooms visited (if possible) to give a sense of space.	✓	✓	✓	✓	✓	✓
Manage worry and stress and seek help when struggling						
The COVID-19 outbreak may be stressful and cause worry about changes that occur because of it, including having to stay on board.	✓	✓		✓	✓	
Do not forget about other health conditions and take any medication prescribed.	✓	✓		✓		
Share feelings and coping strategies with family and friends, or contact ISWAN SeafarerHelp or a Seafarers' Mission to help.	✓	✓	✓	✓	✓	✓
If needing medical treatment, share medical information or diagnosis with medical staff.	✓	✓	✓	✓	✓	✓
Request help for example with shopping or running errands and let those around you know what they can do or contact Seafarers help or the local port welfare provider.	✓	✓				✓
Manage difficult feelings						
Seafarers should focus on things they can control by acquiring information and better preparation. Worries outside personal control and repetitive thoughts are unhelpful.	✓	✓				
OCD can make it hard to absorb advice due to problematic washing or hygiene behaviours.			✓			
Avoid re-reading advice about Covid-19 if this is unhelpful	✓	✓	✓	✓	✓	✓
Advise others when struggling, for example, ask them not to discuss the news	✓	✓	✓	✓	✓	✓
Set limits	✓	✓	✓	✓	✓	✓

Measures to Enhance Mental Health and Wellbeing	General Wellbeing	Those with general mental health issues	Obsessive compulsive disorder (OCD)	Learning Disability	Autism	Older people
Plan something to do to change focus	✓	✓	✓	✓	✓	✓
Contact the mental health team						
Contact the mental health team to discuss continuing care and to update medical plans.		✓	✓	✓	✓	✓
Improve sleep						
Anxiety or worries can make it harder to get a good night's sleep. Good quality sleep enhances mental and physical wellbeing. Maintain regular sleeping patterns and good practices, avoid screens before bed, reduce caffeine and create a restful environment.	✓	✓				✓
Manage personal media and information intake						
24-hour news and constant social media updates can increase worry. Limit time to a maximum of twice daily checks to watch, read, or listen to media coverage.	✓	✓	✓	✓	✓	✓
Gather information from this guidance document to accurately determine risks of contracting COVID-19 to take reasonable precautions. Inaccurate information can also negatively affect others so do not share information without fact-checking sources.	✓	✓	✓	✓	✓	✓
Set goals and plan to keep mentally well						
Setting goals and achievement gives a sense of control and purpose so identify things to do on board. Watch a film, read a book or learn something online.	✓	✓	✓	✓	✓	✓
Exercise on board and download 10 minute work outs or other exercise videos.	✓	✓				
Continue normal activities to keep well. If support is available from others, plan how to remain well and relaxed with them.	✓	✓			✓	
Keep a diary	✓	✓			✓	
View Brain in Hand https://www.autism.org.uk/services/education/brain-in-hand.aspx					✓	
Use strategies that have helped previously.	✓	✓				
Do enjoyable things and keep an active mind						
People may do enjoyable things less often, or not at all when anxious, lonely or low. Pursuing a favourite hobby, learning something new or taking time to relax indoors should provide relief from anxiety and can enhance mood.	✓	✓	✓	✓	✓	✓
If unable to do activities due to staying on board, adapt them, or try something new.	✓	✓	✓	✓	✓	✓
Read, write, play games, do crossword puzzles, sudokus, jigsaws or drawing and painting. Many free tutorials and courses are available online and people are producing innovative online solutions like online pub quizzes and streamed live music concerts.	✓	✓	✓	✓	✓	✓
Relax and focus on the present						
This can help with difficult emotions, worries about the future and improve wellbeing. Relaxation techniques can also help some people manage feelings of anxiety.	✓	✓	✓	✓	✓	✓
Spend time outside, or bring nature in						
Social distancing guidelines enable seafarers to exercise outside daily to enhance wellbeing. If unable to get outside there can be positive effects by opening windows (if possible) to provide fresh air, arrange space to sit for a nice view and get some natural sunlight.	✓	✓	✓	✓	✓	✓
If walking outside follow the recommended social distancing guidance.	✓	✓	✓	✓	✓	✓
With increased risk of severe illness and need to stringently follow social distancing measures when onboard, some older people, particularly those with pre-existing medical conditions, may be concerned or affected by changes required to daily life.	✓	✓				✓
Alcohol reduction						
It can be dangerous to stop quickly without support. If physical withdrawal symptoms occur (like shaking, sweating or anxiety until having the first daily drink), seek medical advice.	✓	✓	✓	✓	✓	✓

COVID-19

A10

Coping with stress during COVID-19

Feeling sad, stressed, confused, scared or angry during a crisis is normal. Talking to people you trust can help. Talk to your colleagues and contact friends and family.



When on board, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with other crew members and by email, social media and phone for family and friends.



Don't use smoking, alcohol or other drugs to manage emotions. When overwhelmed, talk to a colleague or contact SeafarerHelp. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



Get the facts. Gather information to accurately determine risks and take reasonable precautions. Use a trusted credible source such as WHO or government agency website.



Reduce time spent watching, reading or listening to upsetting media coverage to limit worry and agitation.



Draw on past skills which helped you manage previous difficult situations to help handle your emotions at this time.



Contact **SeafarerHelp**, the free, confidential, multilingual 24 hour helpline for seafarers and their families, open 365 days a year for advice if necessary.

Dial +44 20 7323 2737 or email help@seafarerhelp.org



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Country	Notes
Algeria	Electronic prescriptions for life saving or recurrent medicines for foreign seafarers are accepted, except narcotic medicines which require the presence of a doctor on board the vessel.
Australia	No problem, ring a doctor's surgery and book a phone discussion with a doctor for a prescription. The Shipping Agent could organise this and the Seafarer would only need to provide an electronic or paper copy of a prescription from a previous doctor to access relevant medication. There will be complications if the vessel has not served 14 day isolation.
Belgium	Need to have a prescription from a Doctor. Cannot issue electronic prescriptions for people not registered in their health system but in every port pharmacists and doctors are collaborating to deliver necessary medicines on board for seafarers.
Brazil	There is no need for prescriptions to buy the medicine. If seafarers have a previous medical prescription, it helps to renew but even without a prescription, at the seafarer's request through the Master, request the representative agent in the port, who will provide and send medicine on board without problems.
Bulgaria	Depends on the internal rules for each pharmacy. Special medicines are under restriction but in general should not be a problem to access for a life threatening condition.
Canada	Seafarers' prescriptions that expire during the voyage will be renewed. Some prescriptions can be rolled over, others may require an exam. Diabetes for example is one they want to be careful with. Prescriptions are prepared by the Mariners Clinic and can be delivered to ships. Video conferencing is available with seafarers to reduce visits to the doctors.
Chile	Must have a medic/doctor's prescription. Some medications don't need a prescription in Chile, such as medicine for high pressure, blood sugar, etc. which can be bought in any pharmacy. The local agent takes the patient to a doctor to prescribe the medication to buy. If documents are from somewhere else they must be stamped and signed by a doctor to be accepted.
China	The seafarer should ask the labour supply country to liaise with the Chinese authorities to assist with the provision of medication.
Colombia	If a crew member needs recurrent medicines it should not be a problem but it is a priority to receive electronic prescriptions in advance for the procedures required by the Port Health before arrival of the vessel.
Cyprus	Prescription renewals are covered under the current protocol/policy covering Medical Emergencies. The company or agent must advise the authorities (Cyprus Ports Authority and Public Health Services) in order to arrange for safe transportation of the seafarer, from the ship to the doctor and vice versa, applying all health and safety protocols currently in force. Similar requests can be made through the Cyprus Search and Rescue Co-ordination Centre.
Denmark	Must have a doctor's prescription. Danish seafarers doctor can prescribe electronically to delivery at any pharmacy in Denmark. www.medicaloffice.dk can assist.
Finland	Electronic prescriptions for life saving or recurrent medicines for foreign seafarers who arrive in the ports are accepted and seafarers can visit a pharmacy or see a doctor.
France	Electronic prescription can be made only within the EU and European Economic Area for EU citizens. Seafarers from other countries will not have electronic prescriptions recognised and will need to have a medical appointment, during their stop or call in France, to get a new prescription. This could be by teleconsultation. In all cases, seafarers shall provide a recent prescription to the Doctor. Seafarers can also ask their embassy's or Consulate's doctor to issue a new prescription, by teleconsultation.
Germany	If a pharmacy refuses, the Port medical service or Port doctor must be contacted, translate the prescription and sign it to obtain medicines. In such cases Port agents and seamen's missions are all able and ready to assist. There is no problem to help any seafarer in such a situation.
Great Britain (East Coast)	Agents use normal channels and seek a doctor's appointment for a seafarer. However, it is currently a video or telephone conference established between the doctor and seafarer seeking renewal of the prescription. Unfortunately it is currently more difficult to speak to a doctor but this is determined on a case by case basis.
Scotland	Agent can arrange a video appointment with a UK doctor who should be able to issue a prescription
Greece	Electronic prescriptions are available for all Greeks and foreigners, who are covered by the Greek Medical System. Foreign seafarers arriving at Greek ports must declare the quantity of medicines required to the agent, who can buy them from any pharmacy and provide these to them.
India	Electronic prescriptions are accepted.
Israel	For ordering medicines with electronic prescription, a chemist supplies ZIM regularly. Send the ship agent the prescription and they will contact the chemist that can supply on board. Ship Inspectors can act as a broker if an agent cannot help or assistance is needed.
Italy	National Health Service electronic prescriptions can be used with a dedicated APP. Seafarers in need of specific medicine could obtain them through the local National Health Service and agents will provide them on board.

Country	Notes
Kenya	Vessel agents are able to procure any medications required.
Korea	Electronic prescriptions cannot be issued as medicines are registered and controlled by a central government body. The crew member should visit hospital and get a prescription from a local doctor. For shore leave, crew should have mobile phone, install gps control - coronavirus application upon mandatory request by government quarantine office and check fever.
Liberia	<ol style="list-style-type: none"> 1. The Master must make declaration of all expired prescriptions to Port Health at the time of Boarding Party formalities. 2. Thereafter, the Master through the agent should make a request to Port Health on the prescription they intend to replenish. 3. Port Health reviews the replenishment list along with the declaration of expired prescription and approved the list. 4. The vessel agent through authorized ship Chandler procures the prescriptions on the replenishment or renewal list from only authorized pharmacy licensed by the Pharmacy Board of Liberia. 5. All procured prescriptions are taken back to Port Health to verify compliance with the renewal list and procured licensed pharmacy.*
Mexico	Cross-check with company doctor and the local agent. The company doctor should contact a local practitioner to make a new prescription to be supplied before or on the day that the ship is in port.
Montenegro	No problem to provide medical assistance to foreign crew members on board ships. When medicine is required the ship's agent is obliged to announce it to the National coordinate body and to follow instructions given.
Morocco	No problem managing at the Moroccan ports with a certain flexibility of the port authorities and the support of the Moroccan union UMT.
Norway	The agent can arrange for a consultation with a Doctor rather than 'visit' a Doctor given the current restrictions.
Philippines	Prescriptions of physicians not falling under the definition of Philippine law may not be recognized under the context of prescriptions, electronic or otherwise.
Poland	Any medical documentation from the country of origin is accepted proving the need. In such cases a Polish physician would issue a Polish e-prescription giving on the form a seafarer passport number instead of Polish PIN, which is accepted by a pharmacist. If the prescription is on a special cross-border form (it's not normally electronic) it is recognized in Poland and would be executed. If it's not, validation of a Polish physician would be required.
Portugal	Electronic prescriptions could be accepted. If not the seafarer needs to have documents from a doctor to buy the necessary medication
Puerto Rico	A doctor cannot send electronic prescription and to know the pharmacy to send it to. There is a Walgreens and CVS near the Port of San Juan.
Romania	It is possible to get medicines with electronic prescriptions for foreign seafarers. All prescriptions are transmitted electronically to a nearest pharmacy or indicated pharmacy. All medicine is available except psychotropic drugs.
Russia	For foreign seafarers who arrive in ports a prescription will be needed only to identify the drug and the electronic prescriptions for life saving or recurrent medicines for foreign seafarers would be accepted at the pharmacy. But there are some categories of patients who are supposed to take the medicine for free. In this case, they need a prescription from their doctor. For example, insulin-dependent patients. As well as those patients who are treated for cancer, AIDS and some other most serious diseases.
Singapore	Prescriptions must be authorized or re-written by a Singaporean registered practitioner before being presented as hospitals and medical centres do not accept foreign prescriptions.
Sweden	Seafarer needs a paper prescription issued by a doctor from the EU. However it may be possible to arrange for them to see a Doctor.
Ukraine	Most medications in Ukrainian pharmacies are sold to anybody without any prescription. The crew are unlikely to face any problems if the list of medications is submitted to company/local agent in advance to purchase the required medications.
United Kingdom	MCA reported that seafarers were having online consultations with doctors and any prescriptions were being issued that way. No details were given about the logistical issue of getting the requisite medications to the seafarer, but presumably the necessary information is communicated to a pharmacy local to the port where the seafarer's ship is, or is heading to. The supplies are taken by courier to the ship, if the seafarer is not able to leave the ship and collect them.
United States of America	Seafarer would have to see a doctor somewhere within the U.S. who could accept a foreign prescription and then issue a U.S. prescription that would be good anywhere within the U.S.
United States of America (Florida)	All crew have to do is let the medical staff on board know what meds they need and they will get it, either from ship's medical stores or if they don't have it on board they will get in touch with shore side medical staff, who will get the prescription filled.
United States of America (Gulf Coast)	As long as the seafarer has their prescription or the bottle in which the meds came, it is in most cases not a problem to get a refill
United States of America (Portland)	Teleconferencing with patients on board and crews can go to a pharmacy for medication renewal. This is usually arranged by the vessel agent.
United States of America (Texas)	If the seafarer's family can send the medicine by postal service on time (depending on the country) to the agent or nearest seafarer's center or to an Inspector, they can bring it to the ship. If agent and owner agreed to send the patient to the doctor, the patient will get the prescription from the doctor for medicines required.