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# PDB-07-001 Covid-19. General Guidance





# COVID 19. GENERAL GUIDANCE

## What should you know?



- signs and symptoms of COVID-19 that should be self-monitored
- DoC holder procedures / contingency plans that are to be followed when a person displays signs and symptoms suggestive of COVID-19
- rules about isolation of crew members who develop symptoms suggestive of COVID-19 (check DoC holder procedures)
- the need to self-isolate immediately and inform a supervisor or manager if symptoms emerge on the job
- the higher risk that COVID-19 disease will be severe among vulnerable groups including people over 60, anyone of any age with a chronic disease (such as cardiovascular disease, diabetes or respiratory disease) and immunocompromised individuals
- hand hygiene, respiratory etiquette and social distancing.

Source of info: WHO – Promoting public health measures in response to Covid-19 on cargo ships

## SERIOUS COVID-19 SYMPTOMS REQUIRING IMMEDIATE MEDICAL CARE

- If you develop any of these symptoms, call your healthcare provider or health facility and seek medical care immediately.
- This is not an exhaustive list. These are the most common symptoms of serious illness, but you could get very sick with other symptoms – if you have any questions, call for help immediately.



Shortness of breath/ Difficulty breathing



Loss of speech or mobility or confusion



Chest pain

## MOST COMMON SYMPTOMS



Fever



Cough



Tiredness



Loss of taste or smell

## LESS COMMON SYMPTOMS



Sore throat



Headache



Aches and pains



Diarrhea



A rash on the skin or discoloration of fingers or toes



Red or irritated eyes

# COVID 19. GENERAL GUIDANCE Symptoms



World Health  
Organization

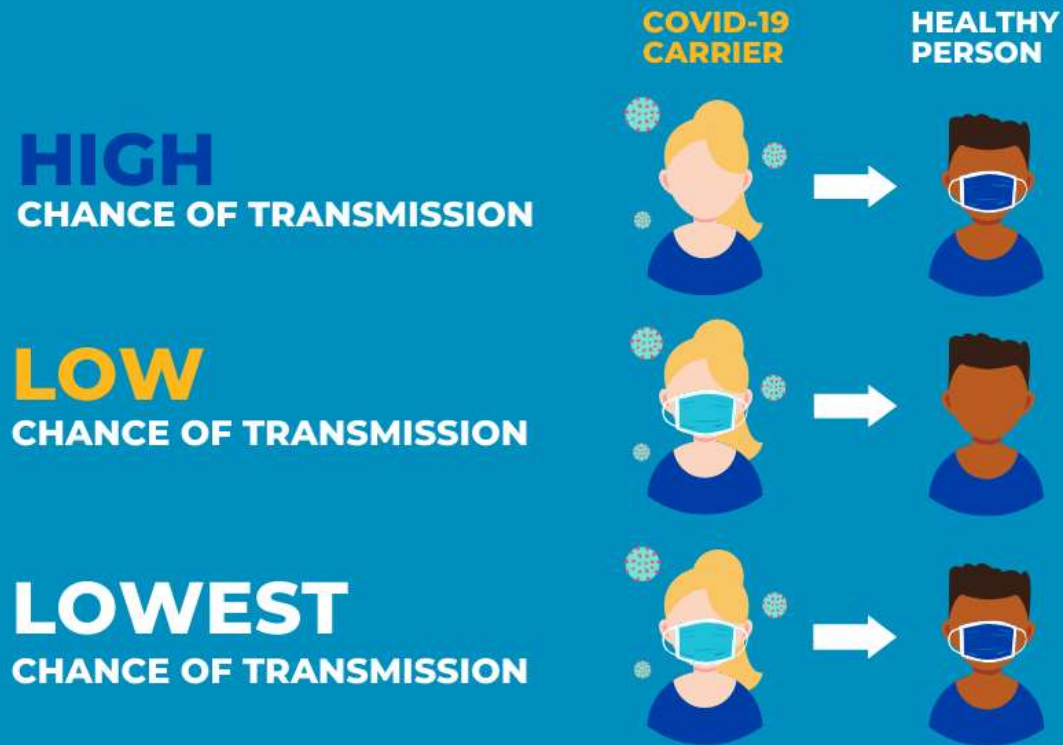
12 November 2020

# COVID 19. GENERAL GUIDANCE

## Importance of wearing a mask

### COVID-19 TRANSMISSION

WEARING A MASK IS ABOUT PROTECTING OTHERS, **NOT JUST YOURSELF.**



# COVID 19. GENERAL GUIDANCE

## Common Mistakes in Mask Use



- Mistake: Not washing your reusable mask in between wears – **have several masks and rotate**
- Mistake: Wearing your mask over your mouth only – **COVER THE NOSE**
- Mistake: Touching, adjusting, and fussing with your mask – **wash or sanitize hands touch the front of the mask**
- Mistake: Wearing a disposable mask inside out or backwards – masks are designed to be worn a specific way
- Mistake: Wearing an ill-fitting mask – may need to trim beards – **make sure mask fits/seals well**
- Mistake: Using a disposable mask for too long – **limit use; leave in sun; expose to UV light**
- Mistake: Wearing the "wrong" mask – **at least 3 layers, preferably cotton**
- Mistake: Not addressing or preventing skin issues underneath your mask
- Mistake: Wearing a mask that is too tight – if uncomfortable, you will constantly adjust or take off
- Mistake: Wearing a wet mask – ineffective and makes breathing difficult
- Mistake: Improperly storing your mask while out – have a paper bag or a hook – do not shove in pocket or purse
- Mistake: Thinking that wearing a mask means you do not have to socially distance

# COVID 19. GENERAL GUIDANCE

## Protect yourself & others from getting sick

<p>When coughing and sneezing, cover your nose and mouth with a tissue or a flexed elbow</p> 	<p>Throw the tissue into a closed bin immediately after use</p> 
<p>Clean your hands with an alcohol-based hand rub or with soap and hot water for at least 20 seconds:</p> <ul style="list-style-type: none"><li>• After coughing or sneezing</li><li>• When caring for the sick</li><li>• Before, during and after preparing food</li><li>• Before eating</li><li>• After toilet use</li><li>• When hands are visibly dirty</li></ul> 	<p>Avoid touching eyes, nose and mouth</p> 



# COVID 19. GENERAL GUIDANCE

## Practice 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



# COVID 19. GENERAL GUIDANCE

## Stay healthy while travelling



Avoid these modes of travel if you have a fever or a cough	A row of red icons representing different modes of transport: an airplane, a ship, a car, a bus, and a train.
Eat only well-cooked food	A row of red icons representing different types of food: a slice of pizza, a burger, a chicken drumstick, and a taco.
Avoid spitting in public	A red icon of a person spitting.
Avoid close contact and travel with sick animals, particularly in wet markets	A row of red icons representing sick animals: a bird and a pig.
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	A row of red icons representing coughing, sneezing, and handwashing.
Frequently clean your hands with an alcohol-based hand rub or with soap and hot water for at least 20 seconds	A row of red icons representing handwashing with soap and water.
Avoid touching eyes, nose and mouth	A row of red icons representing the eyes, nose, and mouth.
Avoid close contact with people suffering from a fever or a cough	A row of red icons representing a fever and 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	A row of red icons representing wearing a face mask, discarding it, and handwashing.
If you become sick while travelling, tell crew or ground staff	A row of red icons representing different types of staff: a pilot, a crew member, and a ground staff member.
Seek medical care early if you become sick, and share your history with your health provider	A row of red icons representing medical care: an ambulance, a doctor, and a patient.



# COVID 19. GENERAL GUIDANCE

## How to safely greet others

### **Avoid physical contact.**

Safe greetings include  
a wave, a nod  
or a bow



# COVID 19. GENERAL GUIDANCE

## Shipboard care for people with suspected / 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 tissue and discard after use. If you experience difficulty breathing, contact radio medical.



# COVID 19. GENERAL GUIDANCE

## Shipboard care for people with suspected / confirmed Covid-19

### 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.





# COVID 19. GENERAL GUIDANCE

## Shipboard care for people with suspected / confirmed Covid-19

### For all crew members

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



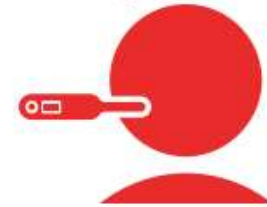
Avoid unnecessary exposure to the ill crew member and avoid sharing items, such as eating utensils, dishes, drinks and towels.



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



# COVID 19. GENERAL GUIDANCE

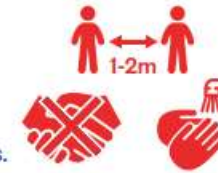
## Protecting everyone during ship visits

### 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 – keeps 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.



# COVID 19. GENERAL GUIDANCE

## Care when shopping



### Coins & Banknotes

There is no proof that COVID-19 can be transmitted through coins or banknotes. However, respiratory droplets expelled from an infected person can contaminate surfaces.

Wash your hands regularly and thoroughly after touching any frequently-touched surface or object, including coins or banknotes.

Do not touch your eyes, mouth and nose when hands are not clean.



### Groceries

When grocery shopping, keep at least 1m from others and avoid touching eyes, mouth and nose.

If possible, sanitise the handles of shopping trolleys or baskets before shopping.

When you return, or receive delivery of new groceries, wash your hands thoroughly and again after handling and storing your products.

There is currently no confirmed case of COVID-19 transmitted through food or food packaging.



### Fruit & Vegetables

Before handling them, wash your hands with soap and water.

Then wash the fruit and vegetables thoroughly with clean water, especially if you eat them raw.





# COVID 19. GENERAL GUIDANCE

## 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.



# COVID 19. GENERAL GUIDANCE

## Coping with stress



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**





# THANK YOU!

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