

HEALTH ADVICE: CORONAVIRUS



WHEN ON BOARD:

Alert the master or medical officer about a seafarer, passenger or other person who has coronavirus symptoms:

- Coughing
- Fever
- Shortness of breath
- Runny nose
- Headache
- Sore throat

If you develop a fever or any coronavirus symptoms yourself promptly inform ship's master or medical officer.



ON SHIPS OR IN PORTS/ TERMINALS:

Avoid direct physical contact with anyone who is displaying the symptoms.

Wear a mask covering your mouth and nose when in a high risk area.

Use alcohol rub throughout the day. When hands are visibly dirty use soap and water.

Seek prompt medical attention if you have coronavirus symptoms.

Need help?

Email crisis@sailors-society.org visit

www.facebook.com/SailorsSocietyCRN, or go to

www.sailors-society.org/support-for-seafarers

