

CORONA VIRUS

This is an update related to the outbreak of the coronavirus nCoV, published by WHO (World Health Organization) on 10 January 2020. Since that date, travel-related cases linked to Wuhan City have been reported in several countries.

Symptoms: fever and difficulty in breathing human-to-human transmission has been confirmed

International travelers: practice usual precautions. In case of symptoms suggestive of acute respiratory illness before, during or after travel, the travelers are encouraged to seek medical attention with the medic on board or their health provider at home and inform your P&O consultant.

The province of Hubei has been marked as unsafe. WHO advises that measures to limit the risk of exportation or importation of the disease should be implemented, without unnecessary restrictions of international traffic.

Standard recommendations to reduce exposure to illnesses:

- **Frequently clean hands** by using alcohol-based hand rub or soap and water;
- When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue – throw tissue away immediately and wash hands;
- **Avoid close contact** with anyone who has fever and cough;
- If you have fever, cough and difficulty breathing **seek medical care** early and share previous travel history with your health care provider;
- **Don't visit live markets** in areas currently experiencing cases of coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals;
- The consumption of **raw or undercooked animal products** should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

The situation is changing fast, and we will keep you up to date when there are updates of the WHO. You can also check the link below.

ACTIONS

Display this Health Flash on the notice boards on the vessels and distribute to any international traveler.

QHSE Department
January 2020

<https://www.who.int/>

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Protect yourself from getting sick

Avoid unprotected contact with sick people (including touching one's eyes, nose or mouth) and with live farm or wild animals



Protect others from getting sick

Cover mouth and nose with tissue, sleeve or elbow when coughing or sneezing



Throw tissue into closed bin after use



Clean hands after coughing or sneezing and when caring for the sick



Practise food safety

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



Wash your hands between handling raw and cooked food.



Practise food safety

Even in areas experiencing outbreaks, meat products can be safely consumed if these items are **cooked thoroughly and properly handled** during food preparation.

