




CORONA VIRUS UPDATE

This is an update regarding the coronavirus (COVID-19), published by WHO (World Health Organisation).

	In China	Outside China	Total
Total confirmed cases	80,859	24,727	105,586
Total deaths	3,100	484	3,584

Stay healthy while travelling

<p>Avoid these modes of travel if you have a fever or a cough</p>	
<p>Eat only well-cooked food</p>	 <p>Avoid spitting in public</p> 
<p>Avoid close contact and travel with sick animals, particularly in wet markets</p>	
<p>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</p>	
<p>Frequently clean your hands with an alcohol-based hand rub or with soap and hot water for at least 20 seconds</p>	
<p>Avoid touching eyes, nose and mouth</p>	
<p>Avoid close contact with people suffering from a fever or a cough</p>	
<p>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</p>	
<p>If you become sick while travelling, tell crew or ground staff</p>	
<p>Seek medical care early if you become sick, and share your history with your health provider</p>	

Source: [https://www.ics-shipping.org/docs/default-source/resources/coronavirus-\(covid-19\)-guidance-for-ship-operators-for-the-protection-of-the-health-of-seafarers.pdf?sfvrsn=6](https://www.ics-shipping.org/docs/default-source/resources/coronavirus-(covid-19)-guidance-for-ship-operators-for-the-protection-of-the-health-of-seafarers.pdf?sfvrsn=6)

Recommended for Medics and Masters to read ICS guidance of link above.

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Measures in place:

- Temperature check for on-signers
- Questionnaire for on-signers
- Extra cleaning of surfaces touched regularly, e.g. hand railings and elevator buttons
- No handshake policy
- No flights are planned via airports in high risk area's

Extra measures to take:

- Regular temperature checks on crew to determine early discovery of infection
- Extra hand sanitizer points
- VMT to map the requirements for the current and upcoming locations (via agents)

For crew (or vessel visitors):

- Take your temperature before travelling
- Don't travel in case of symptoms of fever and cough or difficulty breathing
- Seek medical attention with the medic on board or your health provider at home
- Inform your P&O consultant

For office/yard personnel:

- Stay home in case of symptoms of fever and cough or difficulty breathing
- Inform your supervisor and P&O department
- Don't travel to risk area's if you don't have to (travel schedules are evaluated case-by-case)

ACTIONS

Display this and the previous Health Flashes on the notice boards on the vessels and distribute to any traveler.

QHSE and P&O Vessels Department
March 2020

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