

# 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.

## Do you need someone to talk to?

Join our Facebook Group for advice and support at [www.facebook.com/groups/CoronavirusSeafarerSupport](https://www.facebook.com/groups/CoronavirusSeafarerSupport) or visit [www.sailors-society.org/chaplains](http://www.sailors-society.org/chaplains) to find your local chaplain.

