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 or visit www.sailors-society.org/chaplains to find your local chaplain.