

Be **INFORMED**

Be **PREPARED**

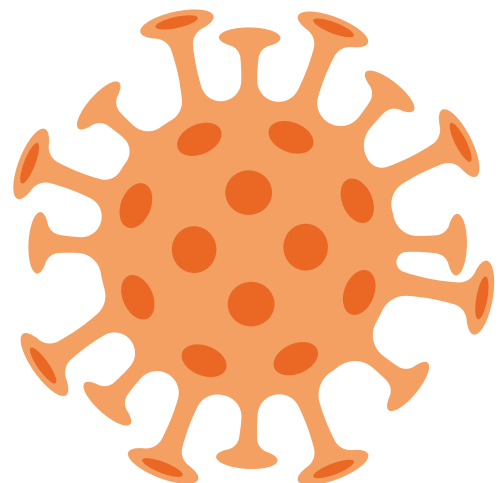
Be **SMART**

Be **SAFE**

Be **READY**

#COVID19

For more information, go to
ics-shipping.org/covid19



TO ALL SEAFARERS FOR
DEPLOYMENT AND MANNING
AGENCIES: PLEASE ALWAYS
REMEMBER AND PRACTICE

SEA

Strictly observe the 14-day Stay-Home Notice (SHN) or Quarantine before deployment

Ensure to undergo the proper COVID-19 RT-PCR test

Always wear PPE while traveling from place of domicile to country of embarkation

Let's work together to keep our industry safe, and to keep the jobs of our seafarers.



Reproduced with courtesy of the Associated Marine Officers' and Seamen's Union of the Philippines (AMOSUP)



International
Chamber of Shipping
Shaping the Future of Shipping.

For more information, go to
ics-shipping.org/covid19

How to safely greet others

Avoid physical contact.

Safe greetings include a wave, a nod or a bow






For more information, go to ics-shipping.org/covid19



Shipboard care for people with suspected or confirmed COVID-19

For ill crew members

<p>Clean hands frequently with soap and water or with alcohol-based hand rub.</p> 	<p>Stay in your cabin and do not attend work. Rest, drink plenty of fluids and eat healthy food.</p> 	<p>Stay in a separate cabin from other people. If this is not possible, wear a mask and keep a distance of at least 1m away. Keep the cabin well-ventilated and if possible use a dedicated bathroom.</p> 	<p>When coughing or sneezing, cover your mouth and nose with flexed elbow or use disposable tissue and discard after use. If you experience difficulty breathing, contact radio medical.</p> 
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For caregivers

<p>Clean hands frequently with soap and water or with alcohol-based hand rub.</p> 	<p>Wear a medical mask when in the same cabin with an ill person. Do not touch your face during use and discard it afterward.</p> 	<p>Use dedicated dishes, cups, eating utensils, towels and bed linen for the ill person. Wash everything used by the ill person with soap and water.</p> 	<p>Identify surfaces frequently touched by the ill person and clean and disinfect them daily.</p> 	<p>Contact radio medical immediately if the ill person worsens or experiences difficulty breathing.</p> 
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For all crew members

<p>Clean hands frequently with soap and water or with alcohol-based hand rub.</p> 	<p>Avoid unnecessary exposure to the ill crew member and avoid sharing items, such as eating utensils, dishes, drinks and towels.</p> 	<p>When coughing or sneezing, cover your mouth and nose with flexed elbow or use disposable tissue and discard after use.</p> 	<p>Monitor everyone's health for symptoms such as fever or a cough. If anyone has difficulty breathing, contact radio medical immediately.</p> 
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Protecting everyone during ship visits

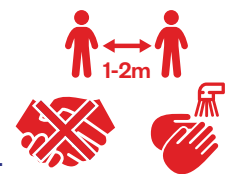
COVID-19 is spread through small droplets from the nose or mouth of an infected person which may be inhaled or land on objects and surfaces other people touch, after which they then touch their eyes, nose or mouth.

Protect through physical distancing and good hygiene

Keep a minimum of 1-2 metres distance.

No handshakes or physical contact.

Wash hands frequently and thoroughly, keeping contact surfaces clean, and touch your face less.



Prepare for visitors

Wipe down areas and objects visitors are likely to touch with an anti-bacterial solution.

Restrict access into the ship's accommodation – keeps doors locked and post 'no entry' signs.

Provide alcohol hand gel ready for use upon entry onto the ship and around the ship.

Have designated toilet and handwashing facilities for visitors, which are well-stocked with soap.

Try to prepare and complete documents digitally – avoid handling paper and laminated documents.

Have PPE, such as disposable gloves, ready to use in unavoidable close contact situations.



Keep your guard up

Maintain effective ship and gangway security and prevent unauthorised personnel boarding the ship.

If someone trying to board the ship exhibits symptoms – refuse access and report it.

Continue to sanitise contact areas throughout the ship's stay in port.



Take it outside

Where possible, hold conversations and meetings with visitors on the open deck or open bridge wings.

If visitors must be inside, limit the number of crew nearby to the absolute minimum.



Based on information kindly provided by the North of England P & I Club

Visitors' access may be **RESTRICTED** in case of the following symptoms:

- fever
- cough
- **breathing difficulties**

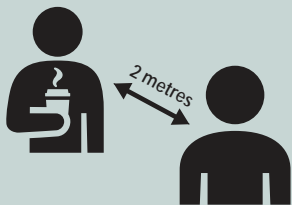


When onboard kindly observe the following:

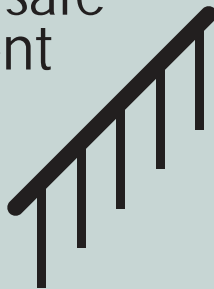
PRACTICE good hygiene



MAINTAIN
a safe social
distance
of more than
2 metres



AVOID
surfaces such
as handrails
to a safe
extent



AVOID
touching
surfaces with
fingertips
and the front
of your hand



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Care when shopping

Shop for essentials

Assess if it is essential for you to shop



Coins & Banknotes

There is no proof that COVID-19 can be transmitted through coins or banknotes. However, respiratory droplets expelled from an infected person can contaminate surfaces.

Wash your hands regularly and thoroughly after touching any frequently-touched surface or object, including coins or banknotes.

Do not touch your eyes, mouth and nose when hands are not clean.



Groceries

When grocery shopping, keep at least 1m from others and avoid touching eyes, mouth and nose.

If possible, sanitise the handles of shopping trolleys or baskets before shopping.

When you return, or receive delivery of new groceries, wash your hands thoroughly and again after handling and storing your products.

There is currently no confirmed case of COVID-19 transmitted through food or food packaging.



Fruit & Vegetables

Then wash the fruit and vegetables thoroughly with clean water, Before handling them, wash your hands with soap and water, especially if you eat them raw.



How to deal with laundry

How to wash and dry clothes, towels and bed linen if a crew member is a suspected COVID-19 patient

Wash the patient's clothes, towels and bed linen separately.

If possible, wear heavy-duty gloves before handling them.

Never carry soiled linen near your body; place soiled linen in a clearly labelled, leak-proof container (e.g. bag, bucket).

Scrape off solid excrement (e.g. faeces or vomit) with a flat, firm object and place it in the patient's toilet before putting linen in the designated container. Place the excrement in a covered bucket to dispose of in a toilet if this is not in the patient's cabin.

Wash and disinfect linen: machine wash at 60–90°C with laundry detergent. Alternatively, soak linen in hot water and soap in a large drum, using a stick to stir, avoid splashing. If hot water is not available, soak linen in 0.05% chlorine for approximately 30 minutes. Rinse with clean water and let linen dry in sunlight.

Do not forget to wash hands at the end of the process.



Do I need to use a washing machine and drier to wash and dry clothes, towels and bed linen if no one in the crew is a suspected COVID-19 patient?

No need to use a washing machine or drier, nor extremely hot water.

Do laundry as normal using detergent or soap.

Once dry, clean your hands before handling and storing clothes, towels and bed linen.



Coping with stress during COVID-19

Feeling sad, stressed, confused, scared or angry during a crisis is normal. Talking to people you trust can help. Talk to your colleagues and contact friends and family.



When on board, maintain a healthy lifestyle – including proper diet, sleep, exercise and social interaction with other crew members and by email, social media and phone for family and friends



Don't use smoking, alcohol or other drugs to manage emotions. When overwhelmed, talk to a colleague or contact SeafarerHelp. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



Get the facts. Gather information to accurately determine risks and take reasonable precautions. Use a trusted credible source such as WHO or government agency website.



Reduce time spent watching, reading or listening to upsetting media coverage to limit worry and agitation.



Draw on past skills which helped you manage previous difficult situations to help handle your emotions at this time.



Contact **SeafarerHelp**, the free, confidential, multilingual 24 hour helpline for seafarers and their families, open 365 days a year for advice if necessary.

Dial **+44 20 7323 2737** or email **help@seafarerhelp.org**



ACCESS TO COMPANY OR OTHER SUPPORT HELPLINES FOR SEAFARERS



Companies which have their own employee support helplines are encouraged to remind their seafarers of how they can access these if necessary.

Additionally, the organisations listed below provide different useful services, including emotional support, and most are available 24-hours a day.

International and regional helplines are available for seafarers wishing to talk to someone wherever they are in the world. Please encourage your seafarers to feel free to contact the helplines below for guidance or support.

SeafarerHelp	24/7 multilingual and confidential helpline for seafarers' and their family - emotional support and practical help http://www.seafarerhelp.org/
Nautilus 24/7	24/7 multilingual help available to Nautilus members https://www.nautilusint.org/en/assistance/nautilus-247/
NUSI Sahara	24/7 psychological support for Indian seafarers and their family https://www.nusi.org.in/activities/360-nusi-counselling-helpline-for-seafarers-and-their-families.html
AMOSUP	24/7 psychological support for Filipino seafarers and their family +63 2 3310 6641 +63 2 8527 8116 to 20 (local 2061) http://www.amosup.org.ph
SAIL	British seafarers - help with benefits, debt and housing http://sailline.org.uk/
Seafarer Support	Central source of information on maritime charities support for seafarers and their families https://seafarersupport.zendesk.com/hc/en-gb
Seafarer Hospital Society	24/7 online confidential advice and support service for all working and retired seafarers and families for seafarers in the UK https://seahospital.org.uk/mental-health-and-wellbeing-2/
Mission to Seafarers Chat to a Chaplain	24/7 MtS & ICMA chaplains available to talk https://www.missiontoseafarers.org/news/the-mission-launches-a-digital-chaplaincy-support-service-for-seafarers
Sailors Society Wellness at Sea	Emergency COVID-19 helpline https://wellnessatsea.org/helpline/
Sailors Society India	Helpline for Indian seafarers and their families https://www.sailors-society.org/news/sailors-society-launches-dedicated-24-hour-helpline-for-indian-seafarers#:~:text=Anyone%20in%20need%20of%20assistance,the%20helpline%20are%20strictly%20confidential
DSM.care	24/7 online service to chat with a DSM chaplain https://dsm.care/
Danish Seaman's Church	Chaplains available for a chat https://samtalerstiaes.dk/page/7/samtaler-til-a%26%2B88
Stella Maris	To call Catholic chaplains worldwide for a chat https://www.stellamaris.org.uk/contact-us/chaplains-til/

