

# 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.

## Need help?

Email [crisis@sailors-society.org](mailto:crisis@sailors-society.org) visit

[www.facebook.com/SailorsSocietyCRN](https://www.facebook.com/SailorsSocietyCRN), or go to

[www.sailors-society.org/support-for-seafarers](https://www.sailors-society.org/support-for-seafarers)

# NOT ON MY WATCH

A SAILORS' SOCIETY  
CAMPAIGN