

Dear Master,

**WHAT TO DO TO SECURE YOUR CREW HEALTH AGAINST ANY PANDEMIC DISEASE INCLUDING COVID-19?**

**A) Order the below actions to be taken by your watch keeper charged at the Gangway when you expect a visitor!**

1. Gangway watch keeper should always;
  - a. Wear examination gloves, safety goggles and standard surgical mask.
  - b. Supplied with an Infrared Thermometer to check & diagnose the body temperature of any guest coming on-board for any reason.
    - i. Cut-off point for rejection of a Visitor:  $\geq 37.5^{\circ}\text{C}$  or  $\geq 99.50^{\circ}\text{F}$
    - ii. Don't forget! You have the moral and legal rights to reject any visitor above this body temperature for your own crew safety!
    - iii. If all going well;
  - c. Give a standard disposable examination gloves to be worn by the guest who shows normal heat signs ( $37.00^{\circ}\text{C} - 37.49^{\circ}\text{C}$ )
  - d. Give a standard surgical mask (no matter about its specifications) to be worn by the guest
  - e. **Do not** let any visitor to be on-board without above precautions and gears on even they have the safe body temp. levels!
2. Do use disposable cups, plates etc. if you serve any drink or dish for your guest. Please call your steward to exterminate the used disposals at a separate Medical Waste Bag. Do not forget to land- this waste via your "secure & reliable" agent at your convenient port.

**B) How to keep safe interior of the life areas of your vessel;**

1. Consider to prohibit or limit your crew to be on-shore.
2. Use Sodium Hypochlorite Solution (3 to 6% - in common "bleach") for surface cleansing within all common areas including desks, and any probable touching locations.
3. If your believe your vessel is completely protected against the outside sources of the mighty virus spread, except the gangway watch keeper, none of your crew has to wear breathing protection masks on-board.
4. Tell your crew to wash their hands with soap at least 20 seconds regularly. If washing is not available let them use hand cleansing solutions with a concentrate of "at least 60% ethanol" after any suspicious contact.

**C) What to do if you are suspicious about an infected crew?**

1. Isolate the suspected crew(s) immediately
2. Give " Pandemic Protection Kit\*" to your attended crew who will solely contact with the suspicious patient(s)
3. Try to choose the attended crew among the youngest ones because of the higher immuno-protection levels
4. Also isolate your attended crew before you reach to shore
5. Call tele-medics for the medical advice and assistance after taking all above precautions.

**Medical Attendant Kit (for self-protection) \*\*\*against virus spread diseases\*\*\***

Ingredients:

- 1x Protective Coverall with Hood, Disposable, Elastic Wrist, Large, White
- 2x FFP1 ventilated protection mask
- 4x Nitrile gloves (blue) Large
- 4x Shoe cover
- 1x Hand/Skin Disinfectant foam 200 ml btl
- 1x Safety glasses
- 1x Biohazard Medical Waste Bag

Sincerely,

NAVALX MEDICAL TEAM