





Allegato 10  
Annex 10






**COVID-19**
**A6**

# 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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For more information, go to [ics-shipping.org/covid19](https://ics-shipping.org/covid19)

