

PROTECT YOURSELF & YOUR COLLEAGUES

PREVENTIVE MEASURES



Frequently clean hands by using alcohol-based hand rub or soap and water.

Cover mouth and nose with flexed elbow or tissue when coughing or sneezing. Throw tissue away immediately and wash hands.



Avoid close contact with anyone who has fever and cough.

Inform the Captain immediately if you have fever, cough and difficulty breathing. Share previous travel history as well, so the Captain can inform the ship's medical provider.



Avoid consuming raw or undercooked animal products. Handle raw meat, milk or animal organs with care to avoid cross-contamination with uncooked food.

Be proactive. Stay healthy, stay safe!