

Allegato 10
Annex 10

COVID-19
A6

Shipboard care for people with suspected or confirmed COVID-19

For ill crew members

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| <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

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| <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

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| <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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