

Allegato 10
Annex 10

COVID-19

A6

Shipboard care for people with suspected or confirmed COVID-19

For ill crew members

Clean hands frequently with soap and water or with alcohol-based hand rub. 	Stay in your cabin and do not attend work. Rest, drink plenty of fluids and eat healthy food. 	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. 	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. 
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For caregivers

Clean hands frequently with soap and water or with alcohol-based hand rub. 	Wear a medical mask when in the same cabin with an ill person. Do not touch your face during use and discard it afterward. 	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. 	Identify surfaces frequently touched by the ill person and clean and disinfect them daily. 	Contact radio medical immediately if the ill person worsens or experiences difficulty breathing. 
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For all crew members

Clean hands frequently with soap and water or with alcohol-based hand rub. 	Avoid unnecessary exposure to the ill crew member and avoid sharing items, such as eating utensils, dishes, drinks and towels. 	When coughing or sneezing, cover your mouth and nose with flexed elbow or use disposable tissue and discard after use. 	Monitor everyone's health for symptoms such as fever or a cough. If anyone has difficulty breathing, contact radio medical immediately. 
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