

4 ALBERT EMBANKMENT
LONDON SE1 7SR
Telephone: +44 (0)20 7735 7611 Fax: +44 (0)20 7587 3210

Circular Letter No.4231/Add.9
10 August 2020

To: All IMO Member
Intergovernmental organizations
Non-governmental organizations in consultative status

Subject: **Communication from the Government of the Republic of Italy**

The Government of the Republic of Italy has sent the attached communication, dated 8 August 2020, with the request that it be circulated by the Organization.

Rome, 08 August 2020
(p.o.c. Rear Admiral UH (ITCG) Luigi GIARDINO
e-mail: segreteria.reparto6@mit.gov.it)



**Ministry of Infrastructure and
Transport**

*Italian Coast Guard Headquarters
Safety of Navigation and
Maritime Security Department*

HE Mr. Kitack Lim
Secretary General of
International Maritime Organization

Subject: Measures to Address Covid-19.

Dear Secretary-General Lim,

Unprecedented and unexpected developments brought about by the rapid spread of coronavirus (COVID-19) has had a major impact on the health of the world's population. It has also heavily affected maritime traffic, in particular cruise operations, globally.

The pandemic forced the Italian government to implement extraordinary measures to limit the spread of COVID-19, including, inter alia, complete suspension of the operation of Italian-flagged cruise ships as well as all cruise activities in national ports.

Now, at the national level, the Italian government has begun implementation of "COVID-19 phase two" in response to encouraging evidence of a significant reduction in the spread of COVID-19 in European countries. Consequently, the government has reopened the cruise market for the resumption of operations of cruise ships on 15th August 2020. To facilitate this reopening, the government has published the "*Protocol on measures for the management of the epidemiological emergency from COVID-19 aboard cruise ships*".

The Protocol applies to Italian-flagged ships and all ships of any nationality, engaged in cruise services, certified to carry more than 36 (thirty-six) passengers, calling at Italian ports.

We would like to ask the Secretariat to kindly disseminate this information regarding the Protocol mentioned above to all Member States of the IMO.

Your valuable attention to this matter would be very much appreciated.

The Italian Coast Guard takes this opportunity to renew the assurances of its highest consideration.

**The General Commander
Vice Admiral (ITCG) Giovanni PETTORINO**

Firmato Digitalmente da/Signed by:

GIOVANNI PETTORINO

In Data/On Date:

sabato 8 agosto 2020 17:42:14

Misure per la gestione dell'emergenza epidemiologica da COVID-19 a bordo delle navi da crociera.

Measures for the management of the epidemiological emergency from COVID-19 on board cruise ships

Preambolo

Preamble

In considerazione dell'attuale scenario globale determinato dalla pandemia da Coronavirus, sono state adottate a livello internazionale, così come nell'ambito dei trasporti e della logistica, stringenti limitazioni: tra di esse, anche il cosiddetto distanziamento sociale.

In view of the current global scenario caused by the Coronavirus pandemic, stringent limitations have been adopted at an international level, as well as in the field of transport and logistics, including the practice of social distancing.

Ai sensi del codice ISM, le Società di gestione sono tenute a identificare e valutare i rischi associati alle proprie navi ed al personale navigante allo scopo di progettare adeguate misure di mitigazione.

Under the ISM Code, the shipping Company is required to identify and assess the risks associated with their ships and seafarers in order to design appropriate mitigation measures.

Di conseguenza, le Società di gestione delle navi da crociera di qualsiasi bandiera – meglio identificate nell'allegato Protocollo – che scalano i porti nazionali, dovranno sviluppare piani e procedure per fronteggiare i rischi associati all'emergenza in argomento, secondo le indicazioni fornite nel Protocollo annesso alla presente circolare condiviso, preliminarmente, con il Ministero della Salute, le Associazioni di categoria e le Organizzazioni sindacali.

Accordingly, the shipping Companies of the cruise ships of any flag – identified in the annexed Protocol - calling at national ports, will have to develop plans and procedures to deal with the risks associated with the emergency in question, according to the guidance provided in the Protocol annexed to this circular shared at the outset with the Ministry of Health, trade associations and trade unions.

Il numero di passeggeri e di equipaggio a bordo deve essere adeguatamente diminuito per assicurare il distanziamento sociale e garantire le misure di isolamento temporaneo/quarantena contenute nell'allegato Protocollo.

The number of passengers and crew on board must be adequately decreased to ensure social distancing and to ensure the temporary / quarantine isolation measures contained in the annexed Protocol .

Le Società di gestione devono:

The shipping Company must :

- identificare una funzione a bordo che avrà la responsabilità di supervisionare ed implementare il Protocollo allegato fornendo il necessario supporto e collaborazione allo stesso per l'espletamento delle sue attività; e

identify a functionary on board who will be responsible for supervising and implementing the attached protocol, providing the necessary support and collaboration to the same for the completion of its activities;

- assicurarsi che presso i porti di scalo i passeggeri e i membri dell'equipaggio possano ricevere, se necessario, cure mediche così come possano essere organizzati rimpatri e cambi di equipaggio.

ensure that passengers and crew members can receive medical treatment at ports of call, and also arrange repatriations and crew changes.

Il presente lavoro è stato condotto allo scopo di raccogliere e mettere a fattor comune le molteplici indicazioni fornite dall'IMO, sulla tematica in discorso, attraverso la copiosa produzione di Circolari 4204 (vds. griglia in allegato 1), organizzandole secondo una struttura più armonica e ordinandole per specifico argomento.

This work was conducted with the aim of gathering and sharing the numerous directions provided by the IMO on the subject in question through the extensive production of Circular 4204 (see grid in ANNEX 1), arranging them in a more organized manner and sorting them by specific topic.

In considerazione della continua evoluzione della normativa vigente in materia di contrasto al COVID-19, la presente Circolare sarà soggetta a periodico riesame e discendente, necessario, aggiornamento.

In consideration of the continuous evolution of the current legislation regarding the fight against COVID-19, this Circular will be subject to periodic review and updated when necessary.

Protocollo sulle misure
Protocol on measures
per la gestione dell'emergenza
for the management of the
epidemiologica da COVID-19
epidemiological emergency from COVID-19
a bordo delle navi da crociera.
aboard cruise ships.

MISURE PER LA GESTIONE DELL'EMERGENZA EPIDEMIOLOGICA DA COVID-19 A BORDO DELLE NAVI DA CROCIERA

MEASURES FOR THE MANAGEMENT OF THE EPIDEMIOLOGICAL EMERGENCY CAUSED BY COVID-19 ON BOARD CRUISE SHIPS

A. Premessa e campo di applicazione

Introduction and scope of application

Il presente Protocollo si applica alle navi di qualsiasi nazionalità - interessate dalla sospensione del servizio di cui alla normativa in vigore - impiegate in servizi di crociera con più 36 (trentasei) passeggeri che scalano i porti nazionali ed ha lo scopo di indirizzare, in modo adeguato, la corretta implementazione di misure per affrontare i rischi da COVID-19 (o SARS-Cov-2) per tutte le persone coinvolte sia a bordo che, necessario ed inevitabile, nell'interfaccia nave/terra.

This Protocol applies to ships of any nationality used in cruise services with more than 36 (thirty-six) passengers calling at national ports and has the aim of adequately addressing the correct implementation of measures to deal with the risks from COVID-19 (or SARS-Cov-2) for all those involved both on board and, necessary and inevitably, in the ship/shore interface.

B. Informazioni sul coronavirus (COVID-19)

Coronavirus Information (COVID-19)

I coronavirus sono una vasta famiglia di virus noti per causare malattie che vanno dal comune raffreddore a malattie più gravi come la Sindrome respiratoria mediorientale (MERS, *Middle East Respiratory Syndrome*) e la Sindrome respiratoria acuta grave (SARS, *Severe Acute Respiratory Syndrome*).

The coronaviruses are a large family of viruses known to cause diseases ranging from the common cold to more serious diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

1. Sintomi e periodo di incubazione

Symptoms and incubation period

I sintomi più comuni di una persona affetta da COVID-19 sono rappresentati da febbre, stanchezza e tosse secca.

The most common symptoms of a person suffering from COVID -19 are fever, fatigue and dry cough.

Alcuni pazienti possono presentare indolenzimento e dolori muscolari, congestione nasale, naso che cola, mal di gola o diarrea. Questi sintomi sono generalmente lievi e crescono gradualmente.

Some patients may experience soreness and muscle pain, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are generally mild and gradually grow .

Recentemente sono state segnalati, come sintomi legati all'infezione da COVID-19, anche l'anosmia/iposmia (perdita/diminuzione dell'olfatto) e, in alcuni casi, l'ageusia (perdita del gusto).

Anosmia/hyposmia (loss/decrease of smell) and, in some cases , the ageusia (loss of taste) have also been reported as symptoms related to infection by Covid-19.

Nei casi più gravi, l'infezione può causare polmonite, sindrome respiratoria acuta grave, insufficienza renale e persino la morte.

In severe cases, the infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Alcune persone si infettano ma non sviluppano alcun sintomo mentre nei bambini e nei giovani i sintomi sono lievi e ad inizio lento. Circa 1 (una) persona su 5 (cinque) con COVID-19 si ammala gravemente e presenta difficoltà respiratorie, richiedendo il ricovero in ambiente ospedaliero. Le persone adulte a partire dai 65 (sessantacinque) anni di età nonché quelle con malattie preesistenti, come ipertensione, malattie cardiache o diabete e i pazienti immunodepressi (per patologia congenita o acquisita o in trattamento con farmaci immunosoppressori, trapiantati) hanno maggiori probabilità di sviluppare forme gravi di malattia.

Some people become infected but do not develop any symptoms, while in children and in young people the symptoms are typically mild. About 1 in 5 people with COVID-19 become seriously ill and have breathing difficulties, requiring hospitalization. Adults aged 65 years and older and those with pre-existing illnesses, such as hypertension, heart disease

or diabetes and immunosuppressed patients (with congenital or acquired conditions or are being treated with immunosuppressive transplant drugs) are more likely to develop severe forms of the disease.

Attualmente si stima che il periodo di incubazione vari fra 2 (due) e 11 (undici) giorni, fino ad un massimo di 14 (quattordici) giorni.

The incubation period is currently estimated to vary between 2 (two) and 11 (eleven) days, up to a maximum of 14 (fourteen) days.

2. Trasmissione

Transmission

La trasmissione da uomo a uomo di COVID-19 si verifica principalmente attraverso il Flügge di persona affetta da COVID-19 (come ad esempio tosse e starnuti o materiale che può cadere su oggetti e superfici).

The human-to-human transmission of COVID-19 occurs primarily through the Flügge droplets of the person suffering from COVID-19 (such as coughing and sneezing or matter that can fall on objects and surfaces).

Altre persone quindi potrebbero essere contagiate COVID-19 che, toccando questi oggetti o superfici, portano le mani agli occhi, al naso o alla bocca. Le persone possono anche essere contagiate se respirano il Flügge di persona affetta da COVID-19 che tossisce, starnutisce o espira Flügge.

Other people could therefore be infected with COVID-19 by touching these objects or surfaces then bringing their hands to the eyes, nose or mouth. People can also be infected if they breathe in the Flügge of a person with COVID-19 who coughs, sneezes or exhales Flügge.

Le persone a bordo, siano essi marittimi (a bordo della nave o a terra in franchigia), passeggeri, tecnici ecc., qualora abbiano/hanno visitato zone dove il COVID-19 è stato segnalato negli ultimi 14 (quattordici) giorni o siano stati a stretto contatto di soggetti con sintomi respiratori, sono tenuti ad informare il personale medico di bordo e, se in porto in Italia l'Ufficio di Sanità Marittima Aerea e di Frontiera (USMAF) locale.

The people on board, whether maritime personnel (on the ship or on land duty), passengers, technicians etc. , who have visited areas where COVID-19 has been reported in the last 14 (fourteen) days or have been in close contact with patients with respiratory symptoms, are required to inform the medical staff on board and , if in port in Italy, the local Maritime and Aerial Health Office (USMAF).

Se tale personale ha febbre, tosse o difficoltà respiratorie, è importante rivolgersi immediatamente al medico e/o ad una struttura sanitaria.

If such staff have a fever, cough or breathing difficulties, it is important to seek immediate medical attention and / or a healthcare facility.

3. Protezione personale e prevenzione delle infezioni:

Personal protection and prevention of infections

Le precauzioni standard di protezione e controllo delle infezioni sottolineano l'importanza fondamentale dell'igiene delle mani e delle vie respiratorie.

In particolare:

Standard infection protection and control precautions underline the fundamental importance of hand and respiratory hygiene.

In particular:

- lavaggio frequente delle mani (equipaggio e passeggeri) con acqua calda e sapone o a base di alcol (almeno 60%)¹ strofinando per almeno 20 secondi;
frequent washing of hands (crew and passengers) with hot water and soap or alcohol-based (at least 60%)¹ rubbing for at least 20 seconds;
- evitare di toccare il viso - compresi bocca, naso e occhi - con le mani non lavate (in particolare se le mani abbiano potuto toccare superfici contaminate dal virus);
avoid touching your face - including the mouth, nose and eyes - with unwashed hands (especially if the hands have touched surfaces contaminated with the virus);

¹ Guidelines for the use of non-pharmaceutical measures to delay and mitigate the impact of 2019-nCoV.

- i marittimi (e i passeggeri) devono essere incoraggiati a coprire il naso e la bocca con un tessuto usa e getta - quando starnutiscono, tossiscono, puliscono e soffiano il naso – da smaltire immediatamente dopo averlo usato;
seafarers (and passengers) should be encouraged to cover their nose and mouth with disposable tissue to be disposed of immediately after use when they sneeze, cough, clean and blow their nose;
- se un tessuto usa e getta non è disponibile, l'equipaggio deve coprire il naso e la bocca e tossire o starnutire all'interno del proprio gomito flesso;
if a disposable tissue is not available, the crew must cover the nose and mouth and cough or sneeze into their flexed elbow;
- tutti i tessuti usati devono essere smaltiti prontamente, dopo l'uso, in un apposito contenitore o cestino dedicato;
all used tissue should be readily disposed of , after use, in a suitable container or dedicated basket;
- il marittimo deve mantenere una distanza di almeno un metro dalle altre persone;
the seafarer must maintain a distance of at least one meter from other people;
- non stringere la mano ma limitarsi ad un cenno;
do not shake hands but limit yourself to a nod;
- coerentemente con le buone pratiche di sicurezza alimentare, la carne, il latte o i prodotti di origine animale devono essere sempre maneggiati con cura, per evitare contaminazioni incrociate di alimenti crudi.
consistent with good food safety practices, meat, milk or products of animal origin should always be handled with care, to avoid cross contamination of raw foods.

È importante che i marittimi abbiano il tempo e l'opportunità di lavarsi le mani dopo aver tossito, starnutito, usato tessuti usa e getta o dopo un possibile contatto con secrezioni respiratorie o oggetti o superfici che potrebbero essere contaminati.

It is important that seafarers have the time and opportunity to wash their hands after coughing, sneezing, using disposable tissues or after possible contact with respiratory secretions or objects or surfaces that could be contaminated.

I poster riportati in allegato 2, scaricabili dal sito web dell'International Chamber of Shipping (ICS) all'indirizzo www.ics-shipping.org/free-resources, possono essere utilizzati a bordo per fornire un promemoria delle migliori pratiche da adottare.

The posters shown in Annex 2 , downloadable from the ICS website at www.ics-shipping.org/free-resources , can be used on board to provide a reminder of the best practices to be adopted.

4. Test e trattamento

Test and treatment

Per la conferma della diagnosi di infezione da nuovo coronavirus è necessario effettuare test di laboratorio (Real Time PCR) su campioni respiratori e/o siero².

For confirmation of the diagnosis of new coronavirus infections it is necessary to carry out laboratory tests (Real Time PCR) on respiratory and/or serum² samples.

Con la circolare del 27 gennaio 2020, il Ministero della Salute ha fornito le raccomandazioni per i test di laboratorio e la raccolta e l'invio di campioni biologici.

With the circular of January 27, 2020, the Ministry of Health has provided recommendations for laboratory tests and the collection and sending of biological samples.

La diagnosi di laboratorio del virus va effettuata, dove possibile, su campioni biologici prelevati dalle alte vie respiratorie e, dove possibile, anche dalle basse vie respiratorie (espettorato, aspirato endotracheale o lavaggio bronco-alveolare), come indicato dalla Circolare del Ministero della Salute n.0011715 del 03/04/2020.

Laboratory diagnosis of the virus should be carried out, where possible, on biological samples taken from the upper respiratory tract and, whenever possible, from lower respiratory tract (sputum, endotracheal aspirate or broncho-alveolar lavage) as indicated in the Ministry of Health Circular n. 0011715 dated 3 April 2020.

Se i pazienti non presentano segni di malattia delle basse vie respiratorie, o se la raccolta dei materiali dal tratto respiratorio inferiore non è possibile seppur clinicamente indicata, si

² I test sierologici non possono, allo stato attuale dell'evoluzione tecnologica, sostituire il test molecolare nell'attività diagnostica, come peraltro ribadito dalla Circolare del Ministero della Salute n.0016106 del 9/5/2020.

Sierological test cannot be, considering the current status of the technological evolution, considered as a substitution of the molecular test in the laboratory diagnosis activity, also stated in the Minister of Health Circular n.0016106 dated 9 May 2020

raccomanda la raccolta di campioni prelevati dalle alte vie respiratorie (aspirato rinofaringeo, tamponi nasofaringei e orofaringei combinati).

If patients do not show signs of lower respiratory tract disease, or if the collection of materials from the lower respiratory tract is not possible even if clinically indicated, the collection of samples taken from the upper respiratory tract (nasopharyngeal aspirate, nasopharyngeal and combined oropharyngeal swabs) is recommended.

In caso di risultato negativo di un test condotto su un campione biologico da paziente fortemente sospetto, si raccomanda di ripetere il prelievo di campioni biologici in tempi successivi e da diversi siti del tratto respiratorio (naso, espettorato, aspirato endotracheale).

In the event of a negative result of a test conducted on a biological sample from a highly suspect patient, it is recommended to repeat the collection of biological samples at different times and from different sites of the respiratory tract (nose, sputum, endotracheal aspiration).

Campioni biologici aggiuntivi quali sangue, urine e feci possono essere raccolti per monitorare la presenza di virus nelle diverse parti del corpo. I campioni devono essere immediatamente trasportati in laboratorio e impiegati nella diagnosi molecolare. La raccolta dei campioni biologici deve avvenire adottando precauzioni e dispositivi di protezione individuale utili a minimizzare la possibilità di esposizione a patogeni.

Additional biological samples such as blood, urine and feces can be collected to monitor the presence of viruses in different parts of the body. The samples must be immediately transported to the laboratory and used in the molecular diagnosis. Biological samples must be collected by adopting precautions and personal protective equipment useful to minimize the possibility of exposure to pathogens.

Per quanto attiene il trattamento, non ne esistono di specifici per le infezioni causate dai coronavirus e non sono disponibili, al momento, vaccini per proteggersi dal virus. Inoltre, non esistono, al momento, terapie specifiche; vengono curati i sintomi della malattia (cosiddetta terapia di supporto) in modo da favorire la guarigione, ad esempio fornendo supporto respiratorio.

As for the treatment, there are no specific ones for infection caused by coronavirus, and there are currently no vaccines available to protect against the virus. Furthermore, at this time there are no specific therapies; instead the symptoms of the disease are treated (referred to as supportive therapy) in order to promote healing, for example by providing respiratory support.

5. Consapevolezza e formazione

Awareness and training

Le Società di gestione devono fornire, alle persone imbarcate, una guida su come riconoscere i segni e i sintomi di COVID-19.

The shipping Companies must provide, to the persons on board, a guide on how to recognize the signs and symptoms of COVID-19.

Si deve, altresì, richiamare l'equipaggio all'osservanza del piano e delle procedure da seguire se un passeggero o un membro dell'equipaggio a bordo mostra segni e sintomi di malattia respiratoria acuta. Il personale medico di bordo, se presente, deve, inoltre, essere informato e aggiornato sul COVID-19 e su qualsiasi nuova guida disponibile. A tal fine, si consiglia – tra l'altro – di consultare il sito web dell'Organizzazione Mondiale della Sanità (OMS) sul COVID-19.

The crew must also comply with the plan and procedures to be followed if a passenger or crew member on board shows signs and symptoms of acute respiratory illness. The on-board medical staff, if present, must also be informed and updated on COVID-19 and on any new available guide. To this end, we recommend - among other things - to consult the World Health Organization (WHO) website on COVID-19.

Devono, comunque, essere tenuti in considerazione anche gli orientamenti specifici per singolo Paese visitato in merito alle misure di prevenzione.

They must, however, also take into account the specific guidelines regarding preventive measures for each country visited.

C. Misure adottate a terra prima dell'imbarco

Measures taken ashore before boarding

Prerequisito di imbarco per i passeggeri, visitatori ed ospiti

Boarding prerequisite for passengers, visitors and guests

Per requisito di imbarco si intende la misurazione della temperatura, la compilazione di un questionario ed, eventualmente, test molecolari RT-PCR che saranno eseguiti, dal personale medico di bordo, in percentuale del 100% sui passeggeri la cui temperatura, o le evidenze anamnestiche e/o epidemiologiche o i contenuti del questionario portino a considerarli passeggeri casi sospetti. Inoltre, i test molecolari RT-PCR verranno effettuati all'imbarco a quei passeggeri che nei 14 giorni antecedenti si siano recati o siano transitati in uno dei paesi con trasmissione sostenuta del virus SARS-Cov-2 (ad incidenza cumulativa superiore a quella nazionale, attualmente stabilita in 16 casi per 100.000 abitanti).

The boarding prerequisite will include the measurement of temperature, filling out a questionnaire and , possibly, RT-PCR molecular tests which will be carried out by the medical staff on board, on 100% of passengers whose temperature or anamnestic/ epidemiological evidence, or responses to the questionnaire lead to considering the passengers suspected cases. Furthermore, the RT-PCR molecular tests will be carried out on boarding for those passengers that within 14 days prior have been or have transited through one of the countries with a significant transmission of the virus SARS-COV-2 (with a cumulative incidence higher than the national one, which is currently defined as 16 cases per 100.000 inhabitants.

I passeggeri che sono guariti recentemente dal COVID-19 e dimessi secondo i criteri individuati da ECDC, possono evitare il test PCR.

Passengers who have recently recovered from COVID-19 and been discharged according to the criteria identified by ECDC can avoid the PCR test.

Screening pre-imbarco

Pre-boarding screening

Prima di accedere all'imbarco, tutti i visitatori, ospiti ed equipaggio saranno sottoposti ad un attento screening pre-imbarco:

Before entering the boarding area, all visitors, guests and crew will undergo a careful pre-boarding screening :

- a) **primario:** misurazione della temperatura, compilazione, non oltre le 6 (sei) ore prima dell'imbarco, dello stampato in allegato 4 ovvero un questionario – predisposto dalla Società di gestione – contenente, almeno, i dati di cui al facsimile in allegato 4 e valutazione iniziale da parte di personale non medico che attraverso le risposte al questionario individuerà eventuali condizioni di rischio;

primary : temperature measurement , compilation no later than 6 hours before boarding, of the printout in Annex 4 or a questionnaire, prepared by the Shipping company, containing, at least, the data referred to in the facsimile in Annex 4 and initial assessment by non-medical personnel who, through the answers to the questionnaire, will identify any risk conditions;

- b) **secondario:** coloro che non supereranno il controllo della temperatura o per i quali il questionario evidenzierà criticità, che presentano segni o sintomi compatibili con il COVID-19 o che sono stati potenzialmente esposti alla SARS-CoV-2, saranno sottoposti ad un colloquio e screening condotto da un medico tramite anamnesi, esame medico e di laboratorio con una seconda misurazione della temperatura. L'accertamento sarà svolto in un'ideale area – precedentemente identificata dalla Autorità del porto di approdo in collaborazione con l'Autorità sanitaria locale – presidiata da personale di bordo adeguatamente formato ed eventualmente supportato dal personale sanitario della nave.

secondary : those who do not pass the temperature control or for whom the questionnaire highlights critical issues , who show signs or symptoms compatible with COVID-19 or who were potentially exposed to SARS-CoV-2 , will be subjected to an interview and screening conducted by a doctor through medical history, medical and laboratory examination with a second temperature measurement. The assessment will be carried out in a suitable area - previously identified by the Authority of the port of call in conjunction with the local Health Authority - manned by properly trained crew and possibly supported by the medical personnel of the ship.

Non potrà, pertanto, accedere all'imbarco chi:

Therefore, those who will be denied boarding:

1. mostri sintomi ascrivibili a COVID-19 (es. persone alle quali verrà riscontrata temperatura corporea superiore a 37,5 °C, persone che riportino o evidenzino tosse o difficoltà respiratorie);

have symptoms attributable to COVID-19 (e.g. people who will experience body temperature above 37.5°C , people who report or experience coughing or breathing difficulties);

2. abbia avuto contatti negli ultimi 14 giorni (o nei 2 giorni precedenti l'esordio dei sintomi) con un caso confermato di COVID-19;
have had contact in the last 14 days (or 2 days prior to the onset of symptoms) with a confirmed case of COVID-19;
3. sia stato in "contatto stretto"³ con casi confermati di COVID-19, per i quali sia stata fatta regolare denuncia alle competenti Autorità sanitarie;
have been in "close contact"³ with confirmed cases of COVID-19, for which it was made a regular report have been made to the relevant Health Authorities;

Qualora si riscontrassero persone ricadenti nella tipologia di cui ai punti 1. e 2., il personale sanitario di bordo e/o quello individuato dalla Società di gestione, provvederà a separare i casi sospetti indirizzandoli verso un'area "sicura" precedentemente indicata dall'Autorità del porto di approdo. I referenti della Società di gestione daranno immediata comunicazione alle Autorità sanitarie locali dei casi sospetti a cui non è stato consentito l'imbarco.

If people falling into the category referred to in points 1. and 2. are found, the on-board medical staff and/or personnel identified by the Shipping company, will separate the suspected cases by directing them to a "safe" area previously indicated by the Port Authority. The representatives of the Shipping company will immediately notify the local health authorities of the suspected cases that have not been allowed to board.

Coloro i quali risulteranno ricadere nella tipologia di cui al punto 3., anche se asintomatici, non potranno prendere imbarco. La Società di gestione, in tal caso, consegnerà agli interessati una comunicazione contenente la motivazione del mancato imbarco.

Those who fall within the category referred to in point 3., even if asymptomatic, cannot board. In this case, the shipping Company, will give the parties concerned a communication giving the reasons for the denied boarding.

D. Misure di bordo per affrontare i rischi associati a COVID-19

On-board measures to address the risks associated with COVID-19

1. Misure per proteggere la salute e prevenire le infezioni:

Measures to protect health and prevent infections:

a) Monitoraggio e screening:

Monitoring and screening

1. Equipaggio:

Crew:

è necessario che il monitoraggio di tutto l'equipaggio a bordo sia effettuato giornalmente – attraverso la rilevazione della temperatura corporea di ogni singola persona – con successiva comunicazione allo staff medico di bordo.

Inoltre, devono essere effettuati test PCR, ad intervalli regolari di 15 (quindici) giorni, al 50% del personale navigante, al fine di coprire l'intero equipaggio ogni 30 (trenta) giorni. Eventuali casi positivi devono essere trattati secondo le previsioni del punto E.

It is necessary that the monitoring of all the crew on board is carried out on a daily basis - by checking the body temperature of each individual - with subsequent communication to the medical staff on board.

In addition, PCR tests, must be carried out at regular 15-day intervals, on 50% of the crew, in order to cover the entire crew every 30 days. Any positive cases must be subjected to the PCR test and treated according to the provisions of point E.

2. Passeggeri:

Passengers:

La misurazione della temperatura corporea dei passeggeri avverrà attraverso l'utilizzo di termocamere in entrata ed in uscita dalla nave; i passeggeri che soggiornino a bordo verranno incoraggiati ad utilizzare le stazioni dedicate di misurazione presenti sulla nave. Nel caso in cui non sia prevista l'installazione di termocamere a bordo, la rilevazione della temperatura avverrà attraverso termometri personali messi a disposizione dei passeggeri.

³ Vds. paragrafo E.3
See para E.3

The measurement of body temperature of passengers will be through the use of thermal imaging cameras upon entering and leaving the ship; passengers staying on board will be encouraged to use the dedicated measurement stations on the ship. If thermal imaging cameras are not installed on board, the temperature will be measured using personal thermometers made available to passengers.

Qualora la temperatura corporea risultasse superiore a 37,5°C la persona dovrà indossare la mascherina e presentarsi, per la necessaria valutazione medica, presso l'ospedale di bordo oppure recarsi o rimanere nella propria cabina informando il personale medico di bordo. Nel caso in cui la nave si trovi in Italia dovrà essere informato l'USMAF locale e la persona dovrà essere, momentaneamente, isolata.

If the body temperature is higher than 37.5 ° C, the person must wear a mask and go to the on-board hospital for the required medical evaluation or stay in his or her cabin and informing the medical personnel on board. If the ship is in Italy, the local USMAF must be informed and the person must be temporarily isolated.

b) Dispositivi di protezione (DP)⁴:

Protective Equipment (PE)⁴

L'uso di mascherine fa parte di un pacchetto completo di misure di prevenzione e controllo che possono limitare la diffusione di alcune malattie virali respiratorie, tra cui il COVID-19.

The use of masks is part of a comprehensive package of prevention and control measures which can limit the spread of some respiratory viral diseases, including the COVID-19.

Le mascherine possono essere utilizzate sia da persone sane (indossate per proteggersi quando si viene a contatto con un individuo infetto) o da persone infette per impedire la successiva trasmissione.

The masks can either be used by healthy people (worn for protection when coming into contact with an infected individual) or by infected people to prevent subsequent transmission.

Tuttavia, l'uso di una mascherina da sola non è sufficiente per fornire un livello adeguato di protezione e, quindi, altre misure a livello personale e di comunità dovrebbero essere adottate per evitare la trasmissione di virus respiratori.

However, the use of a mask alone is not enough to provide an adequate level of protection and, therefore, other personal and community level measures should be taken to prevent the transmission of respiratory viruses.

Indipendentemente dal fatto che vengano utilizzate o meno le mascherine, il rispetto dell'igiene delle mani, il distanziamento fisico e altre misure di prevenzione dalle infezioni sono fondamentali per prevenire la trasmissione umana da COVID-19.

Regardless of whether masks are used or not, respect for hand hygiene practices, physical distancing and other prevention measures are essential to prevent human transmission of COVID-19.

Per quanto attiene, invece, coloro che sono coinvolti nella distribuzione e gestione dei dispositivi di protezione (DP), nonché il personale di bordo che presta assistenza sanitaria si dovrà fare riferimento, tra l'altro, al documento dell'OMS⁵ che fornisce informazioni sull'uso appropriato dei DP.

As regards, however, those involved in the distribution and management of personal protective equipment (PPE), as well as the on-board personnel who provide healthcare, reference must be made, inter alia, to the WHO document⁵ which provides information on the appropriate use of PEs.

Infine, sull'uso e smaltimento delle mascherine nel contesto COVID-19 sia fatto riferimento all'allegato 3 ed al rapporto ISS COVID-19 n° 26/2020 del 18 maggio 2020 recante "Indicazioni ad interim su gestione e smaltimento di mascherine e guanti monouso provenienti da utilizzo domestico e non domestico."

Finally, on the use and disposal of the masks in the COVID-19 context, reference should be made to annex 3 and to the ISS COVID-19 report No. 26/2020 of 18 May 2020 containing "Interim indications on the management and disposal of masks and gloves disposable from domestic and non-domestic use."

⁴ Advice on the use of masks in the context of COVID-19 dell'OMS datato 5 giugno 2020

Advice on the use of masks in the context of COVID-19 issued by OMS dated 5 June 2020

⁵ Rational use of personal protective equipment for coronavirus disease (COVID-19) and considerations during severe shortages dell'OMS datato 6 April 2020

Rational use of personal protective equipment for coronavirus disease (COVID-19) and considerations during severe shortages issued by OMS dated 6 April 2020.

c) **Auto-distanziamento a bordo:**

Self-spacing on board:

L'auto-distanziamento a bordo può essere messa in atto attraverso, per esempio, le seguenti misure:

Self-spacing on board can be implemented through, for example, the following measures :

- **mantenere la distanza sociale di almeno un metro;**
keep the social distance of at least one meter;
- **evitare qualsiasi contatto non essenziale o stretta vicinanza con altre persone;**
avoid any non-essential contact or close proximity with other people;
quando possibile, ma solo se le condizioni e le circostanze lo consentono ed è sicuro farlo, utilizzare scale esterne/vie di fuga per spostarsi a bordo della nave.
when possible, but only if the conditions and circumstances permit and it is safe to do so, use external stairs/escape routes to move aboard the ship .

I passeggeri devono essere sensibilizzati all'uso delle scale. Nel caso in cui si consideri l'uso degli ascensori, lo stesso dovrà avvenire con limitazione del numero massimo di persone nel rispetto del distanziamento sociale e, comunque, con l'obbligo dell'uso della mascherina. Soluzioni a base di alcool devono essere poste ad entrambi i lati dei corridoi di accesso agli ascensori e l'equipaggio deve essere istruito a sollecitare tutti i passeggeri, sia in uscita che in entrata, ad usare tali apprestamenti sanitari.

Passengers must be encouraged to use the stairs. When elevators are used, this is allowed with limitation of the maximum number of persons in accordance with social distancing and, in any case, with the requirement to use masks. Alcohol-based solutions must be placed on both sides of the elevator access corridors and the crew must be instructed to urge all passengers, both outgoing and incoming , to use these sanitation supplies.

L'ascensore deve essere lavato regolarmente e con particolare attenzione per le aree/dotazioni soggette ad utilizzo frequente (es. maniglie e tasti).

The elevator must be washed regularly and with particular attention to areas / equipment subject to frequent use (e.g. handles and buttons).

Per quanto attiene al personale navigante:

With regard to crew members:

- **disinfezione delle aree di lavoro, delle attrezzature e degli strumenti dopo l'uso;**
disinfect work areas, equipment and tools after use;
- **porre la massima attenzione nell'utilizzo delle aree comuni a bordo, come la sala mensa, la zona lavanderia o aree ricreative quando utilizzate da altri.**
pay utmost attention to the use of public areas on board, such as the cafeteria, the laundry area and recreational areas when used by others.

Nel caso in cui non possa essere assicurato, per il personale navigante, il distanziamento sociale o i DP:

In the event that social distancing or PEs cannot be ensured for seafarers, they must :

- **ritornare nella propria cabina immediatamente dopo aver completato l'orario di lavoro;**
return to their cabins immediately after completing working hours;
- **restare nella propria cabina durante le ore di riposo, tranne quando sono in atto disposizioni o misure che permettano loro di trascorrere ore di riposo sui ponti; e**
remain in their cabins during the hours of rest, except when provisions or measures are in place which allow them to spend hours of rest on the deck; and
- **ricevere e consumare tutti i pasti nella propria cabina, purché sia sicuro farlo.**
receive and consume all meals in their cabin, provided it is safe to do so.

d) **Coorti (numerosità minima): distribuzione dei passeggeri ed equipaggio in coorti chiuse così da facilitare il 'Contact Tracing'.**

Cohorts (minimum number): distribution of passengers and crew in closed cohorts so as to facilitate 'Contact Tracing'.

Nell'ottica di ridurre l'interazione tra passeggeri, tra l'equipaggio e tra passeggeri ed equipaggio si suggerisce, per quanto possibile, di dividere l'equipaggio e i passeggeri in coorti.

In order to reduce the interaction between passengers, between the crew and between passengers and crew, it is suggested, as much as possible, to divide the crew and passengers into cohorts.

Ogni interazione tra coorti diverse dovrebbe, per quanto possibile, essere evitata; è importante attenersi a questa misura in quanto consentirebbe di gestire più efficacemente un potenziale caso di COVID-19 ed i relativi contatti ed a diminuire il numero delle persone esposte.

Any interaction between different cohorts should , as much as possible, be avoided; it is important to comply with this measure as it would allow a potential case of COVID-19 and related contacts to be managed more effectively and to decrease the number of exposed persons.

È particolarmente importante che queste misure vengano applicate dall'equipaggio quando sul luogo di lavoro il distanziamento non può essere garantito.

It is particularly important that these measures are applied by the crew when spacing cannot be guaranteed in the workplace.

I membri dell'equipaggio che lavorano a contatto di casi COVID-19, probabili o confermati, dovrebbero avere la cabina posizionata in modo tale che il loro accesso alle aree comuni della nave sia ridotto al minimo.

Crew members working in contact with probable or confirmed COVID-19 cases should have the cabin positioned in such a way that their access to the common areas of the ship is minimized.

Ogni specifico gruppo potrebbe avere orari comuni per l'accesso al servizio di ristorazione, per l'imbarco e lo sbarco e per la partecipazione a qualsiasi attività a bordo o a terra. Se non fosse possibile attuare una separazione per coorti a bordo, questa deve essere garantita almeno per ogni attività a terra.

Each specific group could have common times for access to the restaurant service, for boarding and disembarking and for participating in any activity on board or ashore. If it is not possible to implement a separation for cohorts on board, this must be guaranteed at least for each activity on shore.

In considerazione della tecnologia e dei sistemi presenti a bordo delle navi da crociera è considerato equivalente l'utilizzo dei metodi alternativi per il "contact tracing" (vedasi anche lettera E. punto 3).

In consideration of the technology and systems present on board cruise ships, the use of alternative methods for "contact tracing" is considered equivalent (see also letter E. point 3).

e) Pulizia e disinfezione:

Cleaning and disinfection:

Per quanto attiene:

Regarding :

- le procedure giornaliere di pulizia e sanificazione appropriate (in aggiunta ai rigorosi regimi di pulizia e sanificazione già esistenti) per le cabine, le aree di preparazione del servizio di ristorazione e le aree comuni delle navi, con particolare attenzione alle sale da pranzo, ai luoghi di intrattenimento e ad altre grandi aree di ritrovo, nonché alle superfici frequentemente toccate, come, tra gli altri, i pulsanti degli ascensori e i telecomandi; e

the appropriate daily cleaning and sanitizing procedures (in addition to the already existing rigorous cleaning and sanitizing regimes) for the cabins, the preparation areas of the catering service and the common areas of the ships, with particular attention to the dining rooms, places of entertainment and other large meeting areas, as well as frequently touched surfaces, such as, among others, the elevator buttons and remote controls; and

- l'uso di disinfettanti per la pulizia delle superfici;

the use of disinfectants for cleaning surfaces;

si dovrà fare riferimento alla vigente normativa nazionale, unionale ed internazionale.

reference should be made to current national, union and international legislation.

f) Misure igienico sanitarie:

Sanitary hygiene measures :

- i. lavarsi spesso le mani. Si raccomanda di mettere a disposizione in tutti i locali comuni, come salette, saloni, palestre, negozi, farmacie e altri luoghi di aggregazione, soluzioni idroalcoliche per il lavaggio delle mani;

wash your hands often. It is recommended to make hydroalcoholic solutions for hand washing available in all common areas , such as lounges, salons, gyms, shops , pharmacies and other meeting places ;

- ii. evitare il contatto ravvicinato con persone che soffrono di infezioni respiratorie acute;
avoid close contact with people suffering from acute respiratory infections;
- i. iii. evitare abbracci e strette di mano;
avoid hugs and handshakes;
- ii. iv. mantenere, nei contatti sociali, una distanza interpersonale di almeno un metro;
maintain, in social contacts, an interpersonal distance of at least one meter;
- v. praticare l'igiene respiratoria (starnutire e/o tossire in un fazzoletto, evitando il contatto delle mani con le secrezioni respiratorie ovvero all'interno del gomito flesso);
practice respiratory hygiene (sneezing and/or coughing in a tissue , avoiding contact of the hands with the respiratory secretions or inside the flexed elbow);
- vi. evitare l'uso promiscuo di bottiglie e bicchieri, in particolare durante l'attività sportiva;
avoid the shared use of bottles and glasses, in particular during sports activities;
- iii. vii. non toccarsi occhi, naso e bocca con le mani;
do not touch your eyes, nose and mouth with your hands;
- iv. viii. coprirsi bocca e naso se si starnutisce o tossisce;
cover your mouth and nose if you sneeze or cough;
- ix. non prendere farmaci antivirali e antibiotici, a meno che siano prescritti dal medico;
do not take antiviral drugs and antibiotics, unless they are prescribed by your doctor;
- v. x. pulire le superfici con disinfettanti a base di cloro o alcol;
clean the surfaces with chlorine or alcohol based disinfectants;
- xi. è fortemente raccomandato, in tutti i contatti sociali, di utilizzare protezioni delle vie respiratorie come misura aggiuntiva alle altre misure di protezione individuale igienico-sanitarie.
it is strongly recommended, in all social contacts, to use respiratory protection as an additional measure to the other individual protection measures.

g) Igiene degli alimenti

Food hygiene

Fare riferimento alla vigente normativa nazionale, unionale ed internazionale.

Refer to current national, union and international legislation .

h) Riscaldamento, ventilazione e area condizionata (HVAC)

Heating, ventilation and air conditioning (HVAC)

Organizzare il funzionamento dei sistemi HVAC allo scopo di massimizzare la circolazione dell'aria fresca nel sistema, in linea con le raccomandazioni del produttore del sistema, le capacità di bordo e le considerazioni operative. Il ricircolo dovrà essere chiuso in tutte le cabine passeggeri e, laddove non tecnicamente possibile, deve essere previsto, per quanto possibile, l'utilizzo di filtri HEPA o UVGI. Se nelle strutture mediche della nave vengono svolte procedure che generano aerosol, tali aree devono essere a pressione negativa ed ottenere 10 ricambi d'aria all'ora; l'aria di ritorno da tali strutture deve essere filtrata in HEPA o scaricata all'esterno.

Organize the operation of HVAC systems in order to maximize the circulation of fresh air in the system, in line with the system manufacturer's recommendations , on-board capabilities and operational considerations. Recirculation must be closed in all passenger cabins, and where not technically feasible, the use of HEPA filters or UVGI should be provided, wherever possible, If in the medical facilities activities carried out generate aerosol, such areas need to be at negative pressure and obtain 10 air exchanges per hour; the returning air from such facilities must be filtered by HEPA filters or discharged externally.

Fare riferimento alla normativa vigente nazionale, unionale ed internazionale.

Refer to the national, union and international legislation in force .

Inoltre, al fine di garantire un adeguato e completo isolamento, le Società di gestione di navi da crociera avranno cura di riservare – in via esclusiva un numero di cabine dotate di impianto di ventilazione dedicato (vds. anche lettera E. punto 4). Le stesse devono essere destinate a ricevere le persone da isolare, garantire alle stesse ogni

necessaria assistenza nonché tutelare, contestualmente, il restante personale presente a bordo.

In addition, in order to ensure an adequate and complete isolation, the cruise ship's shipping Companies will exclusively reserve a number of cabins equipped with a dedicated ventilation system (see also point E. Point 4). The same must be intended to receive the people to be isolated, ensuring them any necessary assistance as well as protecting, simultaneously, the remaining personnel present on board.

i) Utilizzo di ristoranti, bar, discoteche, SPA, teatri, negozi di bordo, cinema, sale giochi, casinò, palestre ecc.

Use of restaurants, bars, discos, spas, theaters, on-board shops, cinemas, game rooms, casinos, gyms etc.

Fare riferimento alla *"Interim guidance for preparedness and response to cases of COVID-19 at points of entry in the European Union (EU)/EEA Member States (MS). Interim advice for restarting cruise ship operations after lifting restrictive measures in response to the COVID-19 pandemic"*

Refer to "Interim guidance for preparedness and response to cases of COVID-19 at points of entry in the European Union (EU)/ EEA Member States (MS). Interim advice for restarting cruise ship operations after lifting restrictive measures in response to the COVID-19 pandemic"

Per quanto attiene, invece la nursery e le aree di gioco dei bambini fare riferimento al *"European Manual for Hygiene Standards and Communicable Disease Surveillance on Passenger Ships"* reperibile al link <http://www.shipsan.eu/Home/EuropeanManual.aspx>.

Regarding the nursery and play areas for children, refer to "European Manual for Hygiene Standards and Communicable Disease Surveillance on Passenger Ships" available at the following link <http://www.shipsan.eu/Home/EuropeanManual.aspx>

j) Gestione dei fluidi biologici e delle acque (potabili e ricreative)

Management of biological fluids and water (drinking and recreational)

La gestione dei fluidi biologici assieme alla sorveglianza sanitaria delle acque (potabili e ricreative) deve avvenire rispettando standard e procedure basati su linee guida specifiche internazionalmente riconosciute (es. *VSP operational guideline - European Manual for Hygiene Standards and communicable disease surveillance on Passenger Ship*)

The management of biological fluids together with the sanitary surveillance of water (drinking and recreational) must take place in compliance with standards and procedures based on internationally recognized specific guidelines (e.g. VSP operational guideline - European Manual for Hygiene Standards and communicable disease surveillance on Passenger Ship)

k) Segnaletica e cartellonistica

Signage and posters

Le aree ed i posti a sedere disponibili per i passeggeri devono essere opportunamente contrassegnati. In assenza di norme che stabiliscano la simbologia da utilizzarsi, se ne rimette – al momento – la scelta alla singola Società di gestione che avrà l'obbligo di apporla e di esporre, in luoghi ben visibili, adeguata cartellonistica esplicativa.

The areas and seats available for passengers must be appropriately marked. In the absence of rules that establish the symbols to be used the choice is made - at the moment - by the shipping company which will have the obligation to affix it and display, in prominent places, adequate explanatory signs.

2. Misure per la gestione dei rischi durante l'imbarco:

Risk management measures when boarding

L'imbarco dell'equipaggio e dei passeggeri sulle navi deve essere gestito con cura al fine di ridurre il rischio che una persona infetta da COVID-19 che sale a bordo della nave possa trasmettere lo stesso ad altre persone.

The boarding of the crew and passengers on ships must be handled with care in order to reduce the risk that a person infected with COVID-19 boarding the ship may transmit it to other people.

Misure per ridurre il rischio che l'equipaggio, così come i passeggeri, diffondano a bordo l'infezione COVID-19 include la compilazione di questionari di screening così come la scansione o misurazione della temperatura. In caso di rilevate criticità, la persona sarà condotta in un'apposita area del terminal dove riceverà ulteriori test e valutazione medica.

In base all'esito di questa valutazione, l'imbarco sarà autorizzato o negato (con relativa gestione della casistica).

Measures to reduce the risk of the crew, as well as passengers, spreading the COVID-19 infection on board includes the compilation of screening questionnaires as well as scanning or temperature measurement. In the event of any critical issues, the person will be taken to a specific area of the terminal where he or she will receive further tests and medical evaluation. Based on the outcome of this evaluation, boarding will be authorized or denied (with related case management).

Le Società di gestione devono, quindi, come indicato sopra, introdurre procedure per lo screening dell'equipaggio e dei passeggeri che salgono a bordo della nave richiedendo loro di compilare un questionario di screening (autocertificazione sanitaria) e sottoporre gli stessi a scansione o misurazione della temperatura corporea al momento dell'imbarco. Un esempio di modulo di autodichiarazione relativa alla salute dei passeggeri e dell'equipaggio è riportato in allegato 4.

The shipping Companies must, therefore, as indicated above, introduce procedures for the screening of crew and passengers who board the ship by requiring them to fill in a screening questionnaire (health self-certification) and subjecting the same to scanning or measurement of body temperature at the time of boarding. An example of a self-declaration form relating to the health of passengers and crew is shown in Annex 4.

L'imbarco non deve essere consentito per coloro che registrano una temperatura superiore a 37,5°C. Deve essere altresì considerato che la misurazione della temperatura corporea è una misura utile da mettere in atto, ma che la stessa, al contempo, non è totalmente efficace atteso che prove scientifiche hanno dimostrato che alcune persone infette potrebbero non presentare tale sintomo mentre altre potrebbero non sviluppare alcun sintomo fino ad un massimo di 10 (dieci) giorni.

Boarding should not be allowed for those who record a temperature higher than 37.5 °C. It must also be considered that the measurement of body temperature is a useful measure to be put in place, but at the same time, is not totally effective since scientific evidence has shown that some infected persons may be asymptomatic while others may not develop any symptoms for up to 10 days.

L'esperienza maturata suggerisce, inoltre, che le persone asintomatiche possano trasmettere il virus ad altri, quindi il test di reazione a catena della polimerasi (PCR), da eseguirsi prima dell'imbarco, può aiutare a identificare tali persone che non sono state individuate con altre misure di screening.

The evidence also suggests that asymptomatic people can transmit the virus to others, so the polymerase chain reaction (PCR) tests, to be performed before boarding, may help identify those people who have not been identified with other screening measures.

Un test PCR comporta un tampone del naso o gola per l'identificazione della presenza del virus come meglio successivamente specificato.

A PCR test involves a swab of the nose or throat to identify the presence of the virus as better specified later.

Il test PCR dovrà essere eseguito, per i passeggeri, ogni qualvolta sia identificato un caso sospetto o si verifichino condizioni particolari come, ad esempio, passeggeri che sono stati a contatto con casi positivi o provenienti da aree a rischio.

The PCR test must be performed on passengers whenever a suspected case is identified or under special conditions such as, for example, passengers who have been in contact with positive cases or coming from areas at risk.

Le Società di gestione dovranno sottoporre a tampone l'equipaggio prima dell'imbarco. Tale tampone deve essere poi ripetuto ad intervalli regolari di 15 giorni al 50% del personale navigante al fine di coprire l'intero equipaggio ogni 30 giorni.

The Cruise Line will perform RT-PCR test on Crew members prior to embarkation. Such swab testing will also be repeated every 15 days on 50% of the crew on board, in order to be able to perform a swab test on each crew member every 30 days.

Ai membri dell'equipaggio risultati positivi non deve essere permesso di salire a bordo della nave. Gli stessi dovranno essere sottoposti a ulteriori valutazioni o test medici.

Poiché un test PCR negativo non garantisce che le persone siano immuni da COVID-19 e le stesse potrebbero, comunque, potenzialmente trasportare il virus a bordo della nave, chiunque sviluppi un sintomo di infezione del tratto respiratorio (tosse, febbre, mal di gola, ecc.) deve essere sottoposto a ulteriori valutazioni o test medici prima di essere imbarcato.

Crew members with positive results should not be allowed to board the ship. They will have to undergo further evaluations or medical tests.

Since a negative PCR test does not guarantee that the person is immune to COVID-19 and the same could, however, potentially carry the virus on board the ship, anyone who develops any symptoms of a respiratory tract infection (cough, fever, sore throat, etc.) must undergo further evaluation or medical tests before boarding.

3. Informazioni per i passeggeri e per l'equipaggio:

Information for passengers and crew:

Un poster intitolato "Informazioni sul COVID 19" – tradotto in una o più lingue comprese dall'equipaggio e dai passeggeri ospitati e, comunque, almeno in inglese, francese, tedesco e spagnolo – deve essere esposto nelle cabine quale informativa delle azioni aggiuntive intraprese a bordo.

A poster entitled "Information on COVID 19" - translated in a language or languages understood by the crew and passengers and, in any case, at least in English, French, German and Spanish - must be displayed in the cabins as information on the additional actions undertaken on board.

Fermo restando le comunicazioni inerenti la sicurezza della navigazione, dovranno essere previsti messaggi, da diffondere attraverso gli schermi TV della nave, nonché video con le istruzioni per il lavaggio delle mani.

Without prejudice to communications relating to the safety of navigation, messages must be provided, to be disseminated through the ship's TV screens, as well as videos with instructions for hand washing.

Gli stessi dovranno essere trasmessi almeno ogni ora sui canali video di *entertainment* e *revenue* e sugli schermi nelle aree pubbliche (es. schermi di servizio e mense equipaggio).

The same must be broadcast at least every hour on entertainment and revenue video channels and on screens in public areas (e.g. service screens and crew canteens).

Durante tutti gli annunci giornalieri il Comandante provvederà affinché sia incoraggiato il lavaggio delle mani e contattato il centro medico di bordo per una consulenza medica gratuita in caso di insorgenza di ogni problema respiratorio.

During all the daily announcements, the Captain will ensure that hand washing is encouraged and the on-board medical center is contacted for free medical advice in the event of the onset of any respiratory problem.

Il Comandante provvederà affinché, almeno una volta al giorno, gli annunci periodici sia agli ospiti che all'equipaggio includano il seguente esempio di testo, tradotto in una o più lingue da essi comprese:

The Captain will ensure that, at least once a day, periodic announcements to both guests and crew include the following example of text, translated into one or more languages they understand:

"Considerata l'attenzione mondiale per il Coronavirus, questa compagnia sta seguendo tutte le indicazioni dell'Organizzazione Mondiale della Sanità, delle Autorità sanitarie locali e dell'Amministrazione di bandiera. Desideriamo informarvi di avere aumentato la sanificazione delle aree pubbliche e delle superfici di maggior contatto in tutta la nave. Il migliore modo per rimanere in salute è lavarsi le mani spesso, almeno per 20 secondi, evitando di toccare il proprio viso, gli occhi, la bocca e il naso. Se avete febbre o sintomi di difficoltà respiratoria, siete invitati a contattare il Centro Medico di bordo al più presto. La vostra collaborazione è più che gradita. Contattate la reception in caso di ogni necessità."

"Given the global attention for Coronavirus, this company is following all the recommendations of the World Health Organization, local health authorities and the flag administration. We wish to inform you that we have increased the sanitation of public areas and areas of greatest contact throughout the ship. The best way to stay healthy is to wash your hands often, at least for 20 seconds, avoiding touching your face, eyes, mouth and nose. If you have a fever or symptoms of breathing difficulties, you are welcome to contact the on-board Medical Center as soon as possible. Your collaboration is more than welcome. Contact the reception in case of any need."

4. Misure per la gestione dei rischi durante lo sbarco:

Risk management measures during disembarkation:

Lo sbarco del personale navigante e dei passeggeri dalle navi deve essere gestito con cura al fine di ridurre il rischio di infezione dal COVID-19 durante lo sbarco dalla nave (compresa l'interazione con qualsiasi persona o infrastrutture nel porto/terminal).

Disembarkation of the crew and passengers from ships should be handled with care in order to reduce the risk of infection from COVID-19 while leaving the ship (including interaction with any person or infrastructure in the port/terminal).

La salute degli stessi deve essere monitorata prima dello sbarco per garantire che, per quanto ragionevole e praticabile, siano sufficientemente sani da poter sbarcare e viaggiare ai fini del rimpatrio. Quanto sopra attraverso: scansione o misurazione della temperatura. Ulteriori indicazioni per le Società di gestione sullo sbarco dei marittimi sono fornite in P7 e P8 della lettera Circolare IMO n. 4204/Add.14 del 5 maggio 2020.

The health of these individuals must be monitored before disembarkation to ensure that, as far as reasonable and practicable, they are sufficiently healthy to disembark and travel for repatriation purposes. The above to be done through scanning or temperature measurement. Further indications for the shipping Companies on the disembarkation of seafarers are provided in P7 and P8 of the IMO Circular no. 4204 / Add.14 of 5 May 2020.

In allegato 6, invece, il poster che può essere utilizzato per consigliare all'equipaggio come tutelare la salute durante il viaggio da e verso la propria nave.

The poster in attachment 6 can be used to advise the crew how to protect their health while traveling to and from their ship.

5. Misure per gestire i rischi associati all'interfaccia nave/terra:

Measures to manage the risks associated with the ship / land interface:

La pandemia COVID-19 ha creato criticità anche nell'interfaccia tra persone a bordo e personale di terra durante le soste in porto.

The COVID-19 pandemic has also created problems in the interface between people on board and shore staff during port stops.

Le Società di gestione devono istruire le loro navi affinché – prima dell'arrivo in porto – siano comunicate – a tutte le *entities* con le quali esse si interfaceranno ed a tutto il personale di terra che potrebbe salire a bordo – anche attraverso la figura dell'Agente raccomandatario, le loro esigenze ed aspettative.

The shipping companies must instruct their ships to communicate with all entities with whom they will interface, including all the shore personnel who will be boarding and also the Agent's representative before arrival in port, in order to know their needs and expectations.

A tal proposito si faccia riferimento alla "Guida per garantire un'interfaccia di bordo sicura tra nave e personale a terra"⁶ edita da ICS ed alla Circolare IMO 4204/Add. 16 del 6 maggio 2020 della quale si riporta, in allegato 7, una gerarchia di attività da compiersi come guida per stabilire misure efficaci di controllo e ridurre il rischio.

In this regard, refer to the "Guide to ensure a safe on-board interface between ship and shore personnel"⁶ published by ICS and IMO Circular 4204/Add. 16 of 6 May 2020 which is attached in Annex 7, a hierarchy of activities to be performed as a guide to establish effective control measures and reduce risk.

Inoltre, rispettivamente in allegato 8 e 9, sono presenti esempi di poster che possono essere utilizzati a bordo per consigliare all'equipaggio come salutare i visitatori in sicurezza e come proteggere tutti durante le visite a bordo.

Additionally, attached in Annexes 8 and 9, are examples of posters that can be used on board to advise the crew how to greet visitors safely and how to protect everyone during visits on board.

E. **Gestire un focolaio di COVID-19 a bordo della nave**

Manage a COVID-19 outbreak on board the ship

Si premette che chiunque presta servizio a bordo debba essere formato sul COVID-19.

Tale formazione deve essere verificata ogni 30 giorni almeno sui seguenti argomenti:

- Segni e sintomi riferibili a COVID-19;
- Misure di distanziamento fisico;
- Gestione delle folle;
- Uso dei DPI;
- Protocolli per pulizia e disinfezione;
- Procedure relative alla prevenzione, alla sorveglianza e alla risposta a eventuali focolai a bordo.

All Crew members working on board will be trained on COVID-19. Such training will need to be verified every 30 days with dedicated testing on the following subjects:

- Signs and symptoms of COVID-19;
- Measures for physical distances;

⁶ Guidance for Ensuring a Safe Shipboard Interface Between Ship and Shore-Based Personnel dell'11 Maggio 2020
Guidance for Ensuring a Safe Shipboard Interface Between Ship and Shore-Based Personnel dated 11 May 2020.

- Crowd Management;
- Use of Protection equipment;
- Protocols for cleaning and sanitification;
- Procedures related to prevention, surveillance and response to potential outbreaks on board.

1. Azioni necessarie se una persona a bordo mostra sintomi di COVID-19:

Necessary actions if a person on board shows COVID-19 symptoms :

Quando una persona mostra i sintomi riconducibili ad infezione da COVID-19, la stessa deve essere segnalata immediatamente ed il piano di gestione dell'epidemia attivato. La persona deve essere considerata come un caso sospetto di COVID-19 ed isolata nella propria cabina, nell'ospedale della nave o nelle cabine appositamente riservate in attesa di ulteriori accertamenti. Questa valutazione deve, tra l'altro, accertare se esiste un'altra causa probabile, come ad esempio allergia, tonsillite.

When a person shows symptoms attributable to COVID-19 infection , this must be reported immediately and the epidemic management plan activated. The person must be considered as a suspected case of COVID-19 and isolated in his or her cabin , the ship's hospital or in specially reserved cabins pending further investigation. This evaluation must , among other things, ascertain whether there is another probable cause, such as allergy, tonsillitis etc.

Le navi devono essere dotate di apparecchiature per l'esecuzione di test molecolari (PCR) da utilizzare quando si sospetta che un passeggero o un membro dell'equipaggio sia infetto.

Deve essere istituito un protocollo rigoroso per i pasti, il contatto con altre persone che dovrà garantire l'accesso a una toilette separata. Il Comandante o il personale medico di bordo possono consultare, per la gestione del caso, il Centro Internazionale Radio Medico (CIRM) (in navigazione o in porto estero) e l'USMAF locale (in porto in Italia).

Ships must be equipped with molecular testing equipment (PCR) to be used when it is suspected that a passenger or crew member is infected.

A strict protocol for meals and contact with other people must be established and access to a separate toilet must be ensured. For the management of the case, the Captain or the medical staff on board can consult the Comité International Radio-Maritime (CIRM) (while at sea or in a foreign port) and the local USMAF (in port in Italy) .

2. Definizione di un caso sospetto di COVID-19:

Definition of a suspected case of COVID-19 :

Un caso sospetto⁷ è:

A suspected case⁷ is:

A. un soggetto:

A subject :

- con grave infezione respiratoria acuta (cioè febbre e tosse che richiedono ricovero in ospedale);
with severe acute respiratory infection (i.e. fever and cough that require hospitalization);
- febbre di origine non identificata (maggiore di 37,5°C)
fever of unidentified origin (greater than 37.5 °C)
- senza altra eziologia⁸ che possa spiegare il quadro clinico;
without any other etiology⁸ that can explain the clinical picture;
- che ha effettuato un viaggio o ha avuto residenza/dimora in un Paese con trasmissione diffusa della malattia COVID-19 durante i 14 (quattordici) giorni prima dell'inizio dei sintomi; ovvero
who travelled or resided in a country with widespread transmission of the COVID-19 disease during the 14 (fourteen) days before the onset of symptoms; or

B. un paziente con qualsiasi malattia respiratoria acuta e, almeno, una delle seguenti ipotesi avvenute durante i 14 (quattordici) giorni prima dell'insorgenza dei sintomi:

⁷ Fare riferimento alla Circolare del Ministero n.0007922 del 9/3/2020.

Refer to Minister circular n.0007922 dated 9 march 2020

⁸ Parte di una scienza che studia le cause di un fenomeno.

Part of a science that studies the causes of an event

a patient with any acute respiratory disease and , at least , one of the following scenarios occurring during the 14 (fourteen) days before the onset of symptoms:

- a. **contatto con un caso confermato o probabile di malattia COVID-19;** o
contact with a confirmed or probable case of COVID-19 disease; or
- b. **che lavora o ha visitato una struttura sanitaria dove sono ricoverati pazienti con la malattia COVID-19 confermata o probabile e che erano/sono in trattamento.**
who works or has visited a healthcare facility where patients with confirmed or probable COVID-19 disease are hospitalized and who were/are being treated.

3. Identificazione di contatti stretti e tracciamento dei contatti:

Identification of contacts and contact tracking:

Al fine di evitare ritardi nell'attuazione delle misure sanitarie, dopo che un caso sospetto è stato identificato a bordo dovrebbe iniziare immediatamente la ricerca dei contatti senza attendere i risultati di laboratorio. Ogni sforzo dovrebbe essere fatto per ridurre al minimo il rischio che altre persone – equipaggio o passeggeri – siano soggetti ad esposizioni ambientali in luoghi della nave nei quali era presente il caso sospetto. I soggetti che hanno avuto, con esso, contatti stretti devono essere separati dagli altri viaggiatori il più presto possibile.

In order to avoid delays in the implementation of health measures, after a suspected case has been identified on board, the search for contacts should begin immediately without waiting for the laboratory results. Every effort should be made to minimize the risk that other people - crew or passengers - are subject to environmental exposures in places of the ship where the suspected case was present. Persons who have had close contact with the suspected case must be separated from other travellers as soon as possible.

Tutte le persone a bordo devono essere valutate in relazione al loro rischio di esposizione e classificate come a “**stretto contatto con un alto rischio di esposizione**” o con un “**basso rischio di esposizione**”.

All persons on board must be evaluated in relation to their risk of exposure and classified as "in close contact with a high risk of exposure " or with a " low risk of exposure ".

Una persona che abbia avuto un'esposizione ad alto rischio è quella che rientra in una delle seguenti condizioni/criteri:

A person who has had a high risk exposure is one who falls under one of the following conditions / criteria:

- **sia rimasta nella stessa cabina di un caso sospetto o confermato COVID-19;**
remained in the same cabin as a suspected or confirmed COVID-19 case;
- **aveva uno stretto contatto o era chiusa in un ambiente con un caso sospetto o confermato COVID-19 (ovvero erano entro 1 metro di distanza e per almeno 15 minuti);**

had close contact or was closed in an environment with a suspected or confirmed COVID-19 case (i.e. were within 1 meter away and for at least 15 minutes):

- **per i passeggeri, ciò può comprendere la partecipazione ad attività comuni sulla nave o a terra dove il distanziamento sociale non può essere sempre assicurato;**
for passengers, this may include participation in joint activities on the ship or on land where social distancing cannot always be ensured ;
- **per i membri dell'equipaggio, questo include le attività sopra descritte, come applicabile, oltre alla interazione diretta con il caso COVID-19 sospetto o confermato (es. steward di cabina che ha pulito la camera o il personale del ristorante che ha consegnato cibo in cabina, così come istruttori di palestra che hanno fornito assistenza ravvicinata);**
for crew members, this includes the activities described above, as applicable, as well as direct interaction with the suspected or confirmed COVID-19 case (e.g. cabin steward who cleaned the room or restaurant staff who delivered cabin food, as well as gym instructors who provided close assistance);

- **operatore sanitario o un'altra persona che ha prestato assistenza ad un caso COVID-19 sospetto o confermato.**

healthcare professional or another person who has assisted a suspected or confirmed COVID-19 case.

Qualora si verificasse una estesa trasmissione COVID-19 a bordo di una nave, i membri dell'equipaggio ed i passeggeri dovrebbero essere valutati al fine di determinare se sono stati esposti al caso sospetto o confermato. In caso di difficoltà nell'identificare i contatti stretti o se viene identificata una trasmissione diffusa, tutti i viaggiatori (ovvero passeggeri, equipaggio ed altro personale) a bordo della nave devono essere considerati

alla stregua di “contatti stretti che hanno avuto un’esposizione ad alto rischio”. A supporto dell’identificazione dei contatti, ci sarà l’utilizzo delle registrazioni video, i sistemi di prenotazione dei servizi di bordo, l’utilizzo della carta di bordo e le interviste individuali.

Should an extensive COVID-19 transmission occur on board a ship, crew members and passengers should be evaluated to determine whether they have been exposed to the suspected or confirmed case. In case of difficulty in identifying close contacts or if a widespread transmission is identified, all travellers (i.e. passengers, crew and other personnel) on board the ship must be considered as "close contacts who have had exposure to high risk". To support the identification of contacts, video recordings, reservation systems of onboard services, the use of cards onboard and the individual interviews will be used.

Fino a quando non saranno disponibili i risultati di laboratorio per il caso sospetto, a tutte le persone a bordo che rientrano nella definizione di “contatto stretto” – come appena sopra definito – dovrà essere richiesto di completare lo stampato in allegato 5 ovvero un questionario, predisposto dalla Società di gestione, contenente almeno i dati di cui al facsimile in allegato 5 – di rimanere nelle proprie cabine o in una struttura a terra appositamente designata secondo le istruzioni ricevute dalle Autorità sanitarie del porto in cui la nave si trova. Se il risultato di laboratorio è positivo, tutti i contatti stretti devono essere messi in quarantena. Le persone in quarantena che hanno avuto stretti contatti con un caso confermato dovrebbero, immediatamente, informare i servizi sanitari se sviluppano sintomi entro 14 (quattordici) giorni dal loro ultimo contatto con il caso confermato. Se entro 14 (quattordici) giorni dall’ultima esposizione non compaiono sintomi, il contatto non è più considerato a rischio di sviluppare la malattia COVID-19. L’implementazione di queste precauzioni specifiche può essere modificata in base alle valutazioni del rischio dei singoli casi e dei loro contatti condotti dalle Autorità sanitarie pubbliche.

Until laboratory results are available for the suspected case, all persons on board who fall under the definition of "close contact" - as just defined above - will have to be asked to complete the printout in attachment 5 or a questionnaire, prepared by the shipping Company, containing at least the data referred to in attachment 5 - to stay in their cabins or in an onshore facility specifically designated as instructed by the health authorities at the port where the ship is located. If the laboratory result is positive, all close contacts must be quarantined. The quarantined persons who have had close contact with a confirmed case should immediately inform healthcare providers if they develop symptoms within 14 (fourteen) days from their last contact with the confirmed case. If no symptoms appear within 14 (fourteen) days of the last exposure, contact is no longer considered at risk of developing COVID-19 disease. The implementation of these specific precautions can be changed based on the risk assessments of individual cases and of their contacts conducted by public health authorities.

Se il risultato di laboratorio è positivo, tutti gli altri viaggiatori che non soddisfano la definizione di contatto stretto sono considerati quali soggetti con esposizione a basso rischio; deve essere loro richiesto di completare lo stampato in allegato 5 ovvero uno stampato, predisposto dalla Società di gestione contenente, almeno, i dati di cui al facsimile in allegato 5 con i propri dati di contatto e i luoghi in cui alloggeranno per i successivi 14 (quattordici) giorni. L’implementazione di queste precauzioni può essere modificata a seconda della valutazione dei rischi condotta dalle Autorità sanitarie pubbliche che possono fornire ulteriori e specifiche istruzioni.

If the laboratory result is positive, all other travellers who do not meet the definition of close contact are considered to be subjects with low risk exposure. They must be required to complete the printout in Annex 5 or a handout, prepared by the Shipping company containing, at least, the data referred to in the facsimile in Annex 5 with their contact details and the places where they will stay for the next 14 (fourteen) days. The implementation of these precautions can be modified depending on the risk assessment conducted by public health authorities that can provide more specific instructions.

4. Isolamento di casi sospetti e confermati da COVID-19:

Isolation of suspected and confirmed cases of COVID-19:

Il numero di cabine necessarie all’isolamento/quarantena viene calcolato come segue.

Se non è possibile far sbarcare i casi confermati entro 24 (ventiquattro) ore dall’individuazione del primo potenziale caso di COVID 19, in accordo con quanto scritto nel “contingency plan”, il numero massimo di cabine riservate a passeggeri ed equipaggio che devono osservare la quarantena o l’isolamento è stabilito intorno al 5% del numero di passeggeri ed al 5% del numero dell’equipaggio. In caso di possibilità di sbarco le

percentuali di cui sopra sono ridotte all'1%. Tale meccanismo di calcolo delle cabine di isolamento/quarantena si applica solo nelle fasi iniziali di riavvio delle operazioni (ovvero fino al 31 agosto 2020) e andranno riconsiderate ed eventualmente revisionate sulla base degli sviluppi della situazione epidemiologica.

The number of cabins required for isolation / quarantine is calculated as follows.

If it is not possible to disembark the confirmed cases within 24 hours from the identification of the first possible case of COVID 19, in accordance with what is written in the contingency plan, the maximum number of cabins reserved for passengers and crew who must quarantine or isolate must be about 5% of the number of passengers and 5% of the number of the crew. If disembarkation is possible, the above percentage is reduced to 1%. The above percentages apply only in the initial phases (until 31 August 2020) of restarting operations and will have to be reconsidered and possibly revised in accordance with the epidemiological situation.

Isolare il paziente in infermeria o in aree appositamente destinate per l'isolamento e assicurarsi di indossare una maschera chirurgica quando si è in contatto con altre persone. Il paziente deve avere accesso ad un servizio igienico privato.

Isolate the patient in the infirmary or in areas specially designed for isolation and be sure to wear a surgical mask when in contact with other people. The patient must have access to a private toilet.

Chiunque entri nella stessa cabina di un sospetto caso di COVID-19 deve indossare DP che includano una maschera facciale, un grembiule o un abito impermeabile (se disponibile), guanti e occhiali o una visiera. Il contatto con il caso sospetto deve essere limitato ad un massimo di altri 2 (due) membri dell'equipaggio. Lavarsi accuratamente le mani immediatamente prima e dopo aver lasciato la cabina del paziente.

Anyone entering the same cabin as a suspected case must wear PEs that include a face mask, apron or waterproof suit (if available), gloves and goggles or a visor. Contact with the suspected case should be limited to a maximum of 2 (two) other crew members. Hands must be washed thoroughly immediately before and after leaving the patient's cabin.

In conformità al Regolamento Sanitario Internazionale (2005), l'ufficiale responsabile della nave contatterà immediatamente l'Autorità competente del porto di scalo successivo, per concordare le azioni più adeguate da adottare e ricevere le relative istruzioni. È importante che tutti gli accordi siano condotti il più rapidamente possibile per ridurre al minimo la permanenza a bordo della nave di eventuali casi sintomatici gravi.

In accordance with the International Health Regulations (2005), the officer in charge of the ship will immediately contact the competent authority of the next port of call, to agree on the most appropriate actions to be taken and receive the related instructions. It is important that all agreements are conducted as quickly as possible to minimize any serious symptomatic cases on board the ship.

In relazione al numero, alla tipologia di casi positivi da COVID-19 a bordo ed alle misure di contenimento che sono attuate dalla Società di gestione, potrebbe rendersi necessario – sentito il personale medico di bordo e la Società di gestione per quanto attiene i luoghi da scalare – valutare l'opportunità di interrompere la crociera.

Depending on the number, the type of positive cases of COVID-19 on board and the containment measures that are implemented by the Shipping company, it may be necessary, after consulting the medical staff onboard and the Shipping company regarding the stopovers to be made, to evaluate the option to stop the cruise.

5. Cura dei casi sospetti e confermati da COVID-19:

Treatment of suspected and confirmed cases of COVID-19 :

Il trattamento di supporto può includere il sollievo dal dolore e dalla febbre, garantendo l'assunzione di liquidi sufficienti e ossigeno e altri trattamenti se necessario e come consigliato dal CIRM.

Supportive treatment may include relief from pain and fever, ensuring sufficient fluid and oxygen intake and other treatments if necessary and as recommended by CIRM .

Il paracetamolo deve essere somministrato per alleviare il dolore e la febbre. L'ibuprofene dovrebbe essere usato solo dopo aver consultato il personale medico di bordo e, in porto in Italia, l'USMAF locale. La prescrizione a bordo di un qualsiasi farmaco aggiuntivo dovrebbe anche essere, preliminarmente, discussa con un medico a terra.

Paracetamol must be administered to relieve pain and fever. Ibuprofen should only be used after consulting medical personnel on board and, in port in Italy, the local USMAF . The onboard prescription of any additional medication should first be discussed with a doctor onshore.

Le condizioni del paziente devono essere valutate regolarmente – due o tre volte al giorno – di persona o tramite telefono. In caso di peggioramento delle condizioni del

paziente, contattare il CIRM. Il paziente deve essere messo in grado di contattare gli altri in caso di necessità.

The patient's condition should be evaluated regularly - two or three times a day - in person or by telephone. In case of deterioration of the patient's condition, contact the CIRM. The patient should be enabled to contact others in case of need.

Una registrazione della valutazione medica, delle cure e di quanto emerso dal colloquio con il paziente deve essere effettuata nel registro medico che deve riportare:

A record of the medical evaluation, the treatment and the report of the interview with the patient must be made in the medical register which shall include:

- chiunque a bordo sia stato nella struttura medica come caso sospetto ed isolato e le misure di igiene adottate;
anyone on board who has been in the medical facility as a suspected and isolated case and the hygiene measures taken;
- qualsiasi contatto ravvicinato o contatto occasionale con esposizione a basso rischio;
any close contact or occasional contact with low-risk exposure; and,
- i dati della persona che ha avuto contatti occasionali con individui a basso rischio che sbarcheranno e le posizioni in cui rimarranno nei successivi 14 (quattordici) giorni.
the data of the person who has had occasional contact with low risk individuals who will disembark and the places where they will reside for the next 14 (fourteen) days

I contatti stretti dovrebbero essere invitati a:

Close contacts should be encouraged to:

- monitorare i sintomi da COVID-19, inclusa febbre, tosse o difficoltà respiratoria, per 14 (quattordici) giorni dalla loro ultima esposizione; e
monitor COVID-19 symptoms, including fever, cough or difficulty breathing, for 14 (fourteen) days after their last exposure; and
- isolarsi immediatamente e contattare i servizi sanitari in caso di comparsa di sintomi nei 14 (quattordici) giorni. Se entro 14 (quattordici) giorni dall'ultima esposizione non compaiono sintomi, si ritiene che la persona che ha avuto il contatto non sviluppi il COVID-19.
isolate themselves immediately and contact health services if symptoms occur within 14 (fourteen) days. If no symptoms appear within 14 (fourteen) days of the last exposure, the person who has had contact is believed not to have developed COVID-19.

Le Autorità sanitarie dello Stato di approdo devono essere informate di eventuali casi sospetti che possano anche condurre all'individuazione delle persone con cui hanno avuto contatti da gestire in linea con le norme nazionali del luogo di approdo.

Le misure di quarantena nel contesto di COVID-19, come da linee guida dell'OMS, dovranno includere anche:

The port State health authorities must be informed of any suspected cases that may also lead to the identification of the people with whom they have had contact who must be monitored in line with national regulations of the place of arrival.

The quarantine measures in the context of COVID-19, as per WHO guidelines, should also include:

- monitoraggio attivo da parte delle autorità sanitarie per 14 (quattordici) giorni dall'ultima esposizione;
active monitoring by the health authorities for 14 days after the last exposure;
- monitoraggio quotidiano (inclusa febbre di qualsiasi grado, tosse o difficoltà respiratoria);
daily monitoring (including fever of any grade, cough or difficulty breathing);
- evitare i contatti sociali e i viaggi; e
avoiding social contacts and travel; and
- essere raggiungibile per l'esecuzione del monitoraggio attivo.
be reachable for performing active monitoring.

L'attuazione di precauzioni specifiche può essere modificata in seguito alla valutazione del rischio di singoli casi ed alla consulenza ricevuta dalle Autorità sanitarie.

The implementation of specific precautions can be modified following the risk assessment of individual cases and the advice received from the health authorities.

L'allegato 10 fornisce un poster che contiene avvisi sulle cure a bordo di persone con caso sospetto o confermato di COVID-19.

Annex 10 provides a poster that contains warnings about the care onboard of persons with a suspected or confirmed case of COVID-19.

Se un caso positivo grave viene rilevato a bordo, lo stesso dovrà essere sbarcato al primo porto di scalo in accordo con le Autorità sanitarie locali.

If a serious positive case is detected onboard, the patient must be disembarked at the first port of call in agreement with the local health authorities .

6. Segnalazione al prossimo porto di scalo

Reporting to the next port of call

Informare sempre l'Autorità competente del prossimo scalo se vi è un caso sospetto a bordo. La gestione dei contatti avverrà secondo le politiche nazionali del porto di sbarco e secondo il "contingency plan" per la gestione delle emergenze della nave da crociera e del porto.

Always inform the responsible authority at the next port of call if there is a suspected case onboard. The contacts will be managed according to the national policies of the port of disembarkation and according to the contingency plan for the management of emergencies of the cruise ship and the port.

Per le navi impiegate in viaggi internazionali, il Regolamento sanitario internazionale (IHR) stabilisce che la dichiarazione dovrebbe essere completata e inviata all'Autorità competente in conformità con i requisiti locali sia per l'equipaggio che per membri dell'equipaggio deceduti.

For ships used for international voyages, the International Health Regulations (IHR) state that the declaration should be completed and submitted to competent authority in accordance with local requirements for both the crew and for deceased members of the crew.

Per le navi che approdano in porti italiani è richiesta l'informativa all'USMAF, competente a ricevere la dichiarazione di sanità per il rilascio della "libera pratica sanitaria", circa l'evoluzione della situazione sanitaria a bordo e di ogni suo cambiamento.

For ships calling at Italian ports disclosures must be made to the USMAF, which is the competent authority to receive the declaration of health for the release of the "free pratique", regarding the health situation onboard and any changes.

Il Comandante deve immediatamente informare l'Autorità sanitaria competente del successivo scalo anche di qualsiasi caso sospetto, al fine di verificare se è disponibile il trasporto, l'isolamento e la cura dell'individuo; tale Autorità sanitaria, anche sulla base di pianificazioni locali, provvede a fornire indicazioni sulla possibilità di effettuare lo scalo pianificato ovvero sulla necessità che la nave prosegua verso un porto più attrezzato per affrontare l'emergenza sanitaria a bordo.

The Captain must also immediately inform the competent health authority of the next port of call of any suspected case, in order to verify if transportation, isolation and individual care are available. This health authority, also provides information, based on local schedules, on the possibility of carrying out the planned stopover or on the need for the ship to continue to a port equipped to deal with the health emergency on board.

Le Autorità sanitarie locali potranno consentire al resto dei passeggeri della nave – sulla base del numero, della tipologia di casi positivi da COVID-19 a bordo e delle misure di contenimento che sono attuate dalla Società di gestione – di continuare la crociera rilasciando alla nave la libera pratica sanitaria.

The local health authorities will be able to allow the rest of the ship's passengers - on the basis of the number, the type of positive cases of COVID-19 on board and the containment measures that are implemented by the Shipping company - to be able to continue the cruise granting the ship "free pratique".

7. Sbarco di casi sospetti e confermati da COVID-19:

Disembarkation of suspected cases confirmed COVID-19:

Quando si sbarca un caso sospetto o confermato da COVID-19, secondo quanto richiesto o suggerito dalle autorità sanitarie locali, devono essere prese le seguenti precauzioni:

When a suspected or confirmed COVID-19 case disembarks, as required or suggested by the local health authorities , the following precautions must be taken:

- lo sbarco deve essere controllato per evitare qualsiasi contatto con altre persone a bordo;
the disembarkation must be controlled to avoid any contact with other people on board;
- il paziente (caso sospetto o confermato da COVID-19) deve indossare una maschera chirurgica durante lo sbarco; e
the patient (suspected or confirmed COVID-19) must wear a surgical mask during the disembarkation; and

- il personale di bordo che accompagna il paziente (caso sospetto o confermato da COVID-19) durante lo sbarco deve indossare DP adeguati, che possono includere una maschera facciale, un grembiule o impermeabile (se disponibile), guanti e protezione per gli occhi (occhiali o visiera).

the on-board personnel accompanying the patient (suspected or confirmed of COVID-19) during the disembarkation must wear appropriate PE, which may include a face mask, apron or raincoat (if available), gloves and eye protection (glasses or visor).

La Società di gestione deve garantire ogni utile supporto a tutte le persone presenti a bordo (passeggeri ed equipaggio), in caso di sbarco, attraverso la predisposizione di:

The shipping company must ensure any useful support to all persons on board (passengers and crew), in case of disembarkation, through the preparation of:

- adeguati servizi di accoglienza nel porto o in località limitrofe ritenute idonee;
adequate reception services in the port or in nearby locations deemed suitable;
- adeguati servizi di assistenza e trasporto, ai fini del trasferimento nei rispettivi luoghi di provenienza, sulla base delle valutazioni ed indicazioni fornite dal Ministero della Salute;
adequate assistance and transport services, for the purpose of transfer to the respective places of origin, based on the assessments and indications provided by the Ministry of Health ;
- eventuali alloggi o sistemazioni, ritenute idonee dall'Unità di Crisi regionale, per le persone destinatarie dei provvedimenti di quarantena.
any housing or accommodation, deemed suitable by the regional Crisis Unit, for the persons receiving the quarantine measures

8. Pulizia e disinfezione della nave:

Ship cleaning and disinfection :

Le cabine e gli alloggi dei pazienti e dei contatti stretti devono essere puliti utilizzando protocolli di pulizia e disinfezione per cabine infette (come per *Norovirus* o altre malattie trasmissibili).

Patient cabins and accommodation and close contacts must be cleaned using cleaning and disinfection protocols for infected cabins (such as for Norovirus or other communicable diseases).

Le superfici devono essere pulite accuratamente con acqua calda, detergente e applicazione di comuni disinfettanti (ad es. ipoclorito di sodio). Una disinfezione di routine deve essere eseguita sulle superfici che molte persone possono toccare, ad es. aree mensa, maniglie delle porte, ringhiere, pulsanti per ascensori/sciacquone, telefoni, pannelli di navigazione.

The surfaces must be thoroughly cleaned with hot water, detergent and the application of common disinfectants (e.g. sodium hypochlorite). Routine disinfection must be performed on surfaces that many people can touch, for example, canteen areas, doors handles, railings, elevator and toilet buttons, telephones, and navigation panels.

Una volta che un paziente ha lasciato la nave, la cabina o le zone di isolamento devono essere accuratamente puliti e disinfettati da parte del personale addestrato e dotato di DP.

Once a patient has left the ship, the cabin or the areas of isolation must be carefully cleaned and disinfected by trained personnel equipped with PE.

Lavanderia, utensili per la ristorazione e rifiuti delle cabine di casi sospetti e contatti stretti devono essere trattati come infetti, in conformità con le procedure per la manipolazione dei materiali infetto a bordo. Devono essere usati i guanti quando si maneggiano questi oggetti che devono, altresì, rimanere coperti durante il trasporto verso la lavatrice/lavastoviglie/contenitore appropriato.

Laundry, catering utensils and cabin waste from suspected cases and close contacts must be treated as infected, in accordance with procedures for handling infected materials on board. Gloves must be used when handling these items which must also remain covered during transport to the appropriate washing machine / dishwasher / container.

In allegato 11 un poster che indica come trattare la biancheria.

Attachment 11 is a poster indicating how to handle the linen.

Per maggiori dettagli si dovrà fare riferimento alla vigente normativa nazionale, unionale ed internazionale.

For more details, reference should be made to the current national, Union and international regulations.

F. Altri problemi medici a bordo per il personale navigante

Other medical problems on board for crew members

Le circostanze associate all'attuale epidemia di COVID-19 possono rappresentare sfide uniche per il personale navigante e per le loro famiglie. I marittimi possono annoiarsi, sentirsi frustrati o sentirsi soli, così come le loro famiglie. Ognuno reagisce in modo diverso agli eventi e ai cambiamenti con possibili ripercussioni – che possono anche variare nel tempo – nei pensieri, nei sentimenti e nel comportamento. I marittimi devono nutrire la propria mente e il proprio corpo e cercare un supporto se richiesto. Diverse strategie per migliorare la salute mentale e il benessere del personale navigante sono riportate in allegato 12.

The circumstances associated with the current COVID-19 pandemic can pose unique challenges for seafarers and their families. Seafarers can feel bored, frustrated or feel lonely, just like their families. Everyone reacts differently to events and changes with possible repercussions - which may also vary over time - in thoughts, feelings and behavior. Seafarers must nourish their minds and bodies and seek support if required. Different strategies to improve the mental health and well-being of the crew are reported in attachment 12.

1. Gestione dei sintomi fisici innescati da stress e ansia:

Management of physical symptoms triggered by stress and anxiety:

I seguenti sintomi di breve durata possono insorgere nelle persone di cattivo umore o con ansia:

The following short-term symptoms can arise in people in a bad mood or with anxiety:

- battito cardiaco più veloce, irregolare o più evidente;
faster, irregular or more noticeable heart beat;
- sensazione di capogiro/stordimento e vertigini/nausea;
dizziness/lightheadedness and dizziness / nausea;
- mal di testa; e
headaches; and
- dolori al petto o perdita di appetito.
chest pain or loss of appetite.

Può essere difficile riconoscere quali sono le cause di questi sintomi; spesso si verificano a causa di stress, ansia o malumore e possono peggiorare quando le persone si concentrano sul loro stato di salute.

It can be difficult to recognize what are the causes of these symptoms. They often occur due to stress, anxiety or moodiness and can get worse when people focus on their health.

I marittimi che sono preoccupati per i loro sintomi fisici devono parlare con le persone responsabili dell'assistenza medica a bordo e, se necessario, chiedere consiglio al medico di bordo e laddove non presente al CIRM.

Seafarers who are concerned about their physical symptoms should speak to the people responsible for medical care on board and, if necessary, seek advice from the onboard doctor and where not present at the CIRM.

Nel caso in cui personale dell'equipaggio, a causa del COVID-19, non possa essere sostituito e resti a bordo – con suo consenso e previa stipula di nuovo contratto – oltre i limiti previsti dal contratto (MLC, 2006 o CCNL), le Società di gestione devono mettere gratuitamente a disposizione del personale navigante:

In the event that the crew, due to COVID-19, cannot be replaced and remain on board - with the crew member's consent and after entering into a new contract - beyond the limits set by the contract (MLC, 2006 or CCNL), the and shipping companies must provide the following free of charge to the crew:

- schede telefoniche o accesso a Internet per i collegamenti con la famiglia;
phone cards or internet access for family connections;
- videoconferenza o contatti telefonici con psicologi.
video conferencing or phone contacts with psychologists.

In allegato 13 il poster che rispettivamente riportano come affrontare lo stress durante l'emergenza COVID-19.

Attachment 13 is a poster that illustrates how to deal with stress during the COVID-19 emergency.

2. Gestione di una crisi di salute mentale e di un'emergenza:

Management of a mental health crisis and an emergency:

Lo stress aggiuntivo dovuto al COVID-19 può avere un impatto sulla salute mentale e, pertanto, le Società di gestione devono occuparsene come se fosse un'emergenza

fisica. Il personale navigante potrebbe non sentirsi più in grado di far fronte o controllare la propria situazione o lo stato emotivo e quindi:

The additional stress from COVID-19 can have an impact on mental health and therefore shipping companies must deal with it as if it were a physical emergency. The crew member may no longer feel able to cope or control their situation or emotional state and therefore may:

- provare grande stress emotivo o ansia;
experience great emotional stress or anxiety;
- essere incapace di far fronte alla vita quotidiana o al lavoro;
be incapacitated and unable to cope with daily life or work;
- considerare l'autolesionismo o persino il suicidio; e
consider self-harm or even suicide; and
- sentire voci (allucinazioni).
hearing voices (hallucinations).

In questo caso, bisogna consultare immediatamente un esperto di salute mentale per la valutazione del caso. Se la persona è già sotto la cura di un centro di salute mentale, si rende necessario contattare il consulente specifico.

In this case, a mental health expert should be consulted immediately to evaluate the case. If the person is already under the care of a mental health center, it is necessary to contact the specific consultant.

3. Prescrizioni sanitarie:

Health prescriptions :

In considerazione dell'attuale incertezza e del tempo necessario per effettuare i cambi di equipaggio, il personale navigante deve richiedere, senza indugio, l'accesso a farmaci personali a lungo termine su prescrizione medica che si stanno esaurendo in modo tale che possano essere acquistati e consegnati come articoli essenziali. A tal proposito la persona deve:

In view of the current uncertainty and the time required to carry out changes of crew, seafarers must request, without delay, access to long-term personal prescription medications that are running out so that they can be bought and delivered as essential items. In this regard, the person must:

- a. informare il comandante della nave della necessità di ottenere una prescrizione, fornendo dettagli precisi sulle cure necessarie, compreso il dosaggio corretto al fine di ottenere il farmaco;
inform the ship's master of the need to obtain a prescription, giving precise details of the necessary treatments, including the correct dosage in order to obtain the drug;
- b. ove possibile, ottenere una prescrizione elettronica dal proprio medico prima di arrivare in un porto o fornire una copia cartacea della prescrizione (se disponibile) per consentire la verifica e l'acquisto;
where possible, obtain an electronic prescription from a doctor before arriving in a port or provide a hard copy of the prescription (if available) to allow for verification and purchase;
- c. se è richiesta la riservatezza e i marittimi non desiderano informare il comando nave, essi devono contattare il servizio *welfare* della gente di mare per ottenere informazioni sulla consegna e l'acquisto di medicinali tenendo in considerazione che – a motivo delle attuali restrizioni – l'attività dei servizi *welfare* è stato fortemente limitato;
if confidentiality is requested and seafarers do not wish to inform the ship's command, they should contact the seafarers' welfare service to obtain information on the delivery and purchase of medicines, taking into account that, due to the current restrictions, the activities of welfare services are severely limited;
- d. se possibile, richiedere l'invio di forniture dal loro Paese di residenza.
if possible request the sending of supplies from their country of residence.

Nell'allegato 14 una tabella che delinea i requisiti per la richiesta di prescrizioni ripetute per i marittimi i cui farmaci personali si stanno esaurendo. L'elenco non è esaustivo ed è importante contattare le Autorità locali o gli assistenti sociali locali prima dell'arrivo in porto per definire il modo migliore per conseguire, tempestivamente, tale obiettivo.

Annex 14 includes a table outlining the requirements for requesting repeated prescriptions for seafarers whose personal medications are running out. The list is not exhaustive and it is important to contact local authorities or local social workers before arriving at the port to determine the best way to achieve this goal in a timely manner.

Circ. 4204 Add.	Operazioni Commercial i	Certificazione nave	Cambi equipaggi Rimpatri	Interferenza traffici	Gestione personale	CoCs CoPs	Ritardo Consegna navi	PSC	Off-Shore	DPI	Interfaccia Nave- porto	Single Window
1	X		X									
2				X								
3					X							
4					X						X	
4-1			X		X						X	
5						X						
5-1								X				
6	X		X								X	
7							X					
8								X				
9				X								
10				X								
11			X									
12				X								
12-1	X			X								
13									X			
14			X									
15										X		
16											X	
17												X
18			X									
19		X										
20	X											
21	X											
22			X									

COVID-19

Protect yourself and others from getting sick

When coughing and sneezing, cover your nose and mouth with a tissue or a flexed elbow



Throw the tissue into a closed bin immediately after use



Clean your hands with an alcohol-based hand rub or with soap and hot water for at least 20 seconds:

- After coughing or sneezing
- When caring for the sick
- Before, during and after preparing food
- Before eating
- After toilet use
- When hands are visibly dirty



Avoid touching eyes, nose and mouth



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COVID-19

Practise Food Safety

Meat products can be safely consumed if they are cooked thoroughly and properly handled during food preparation



Do not eat sick or diseased animals



Use different chopping boards and knives for raw meat and cooked foods



Wash your hands with soap and hot water for at least 20 seconds between handling raw and cooked food



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COVID-19

Stay healthy while travelling

Avoid these modes of travel if you have a fever or a cough



Eat only well-cooked food



Avoid spitting in public



Avoid close contact and travel with sick animals, particularly in wet markets



When coughing and sneezing, cover your mouth and nose with a tissue or flexed elbow. Throw the tissue into a closed bin immediately after use and clean your hands



Frequently clean your hands with an alcohol-based hand rub or with soap and hot water for at least 20 seconds



Avoid touching eyes, nose and mouth



Avoid close contact with people suffering from a fever or a cough



If wearing a face mask, be sure it covers your mouth and nose and do not touch it once on. Immediately discard single-use masks after each use and clean your hands after removing masks



If you become sick while travelling, tell crew or ground staff



Seek medical care early if you become sick, and share your history with your health provider



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WHO has issued interim guidance advising on the use of masks in the context of COVID-19. It reviews the use of masks in communities, home care and health care settings in areas reporting COVID-19 cases. Whilst intended for individuals ashore, public health and infection prevention and control (IPC) professionals and health care workers, WHO has stated that the advice also applies to situations on board. Current information and evidence suggests that:

- The two main transmission routes for COVID-19 are respiratory droplets and contact. Respiratory droplets are generated when an infected person coughs or sneezes. Any person in close contact (within 1m) with someone with respiratory symptoms (coughing, sneezing) is at risk of exposure to potentially infective respiratory droplets. Droplets may also land on surfaces where COVID-19 could remain viable; thus, the immediate environment of an infected individual can be a source of contact transmission.
- Incubation for COVID-19 (time between exposure and symptom onset) is on average 5–6 days but can be up to 14 days. During this time, some infected persons can be contagious and transmit the virus to others. Data suggests that some people can test positive from 1–3 days before developing symptoms and may infect others.
- Pre-symptomatic transmission still requires the virus to spread via infectious droplets or through touching contaminated surfaces.
- WHO defines medical masks as flat or pleated surgical or procedure masks (some shaped like cups) affixed to the head with straps. They are tested using standardised test methods to balance high filtration, adequate breathability and, optionally, fluid penetration resistance.
- Wearing a medical mask is a prevention measure to try to limit the spread of certain respiratory viral diseases, including COVID-19. **However, use of a mask alone is insufficient to provide an adequate level of protection, and other measures should also be adopted.** Maximum compliance with hand hygiene and other IPC measures are critical to prevent transmission.
- Use of a medical mask can prevent the spread of infectious droplets from an infected person to someone else and potential environmental contamination from droplets. Limited evidence suggests wearing a medical mask by healthy individuals among contacts of a sick patient may be beneficial as a preventive measure but there is no evidence that mask wearing (medical or other type) by healthy persons prevents infection.
- Community use of medical masks may create a false sense of security and neglect of other essential measures, such as hand hygiene practices and physical distancing, and may lead to touching the face under the masks and under the eyes. This could result in unnecessary costs and a shortage of masks for health care workers.

Masks provided specifically for medical purposes should be reserved for those providing medical care on board.

There are mixed opinions on **the wide use of masks by healthy people on board** due to uncertainties and critical risks, including:

- Self-contamination can occur by touching and reusing a contaminated mask.
- Depending on type of mask used, potential breathing difficulties.
- False sense of security, risking less adherence to other preventive measures e.g. physical distancing and hand hygiene.
- Diversion of mask supplies and consequent shortage of masks for health care providers.

WHO advises that use of non-medical masks, e.g. masks made of cotton fabric, for communal use has not been well evaluated and argues there is currently no evidence to recommend for or against their use. Nevertheless, some national decision makers are suggesting use of non-medical masks can control potential spread from asymptomatic carriers. Some templates to produce such masks are provided at **Annex E**. The following features should be considered:

How many layers of fabric /tissue	Water repellence/hydrophobic qualities	Breathability of material
Shape of mask	Fit of mask	

Cloth masks should not be used by those providing on board medical care due to increased risk of infection compared to medical masks.

If production of cloth masks for use in on board medical care settings is proposed locally due to shortages, the local port medical authority should assess minimum standards and technical specification.

For any type of mask, appropriate use and disposal are essential to ensure that they are effective and to avoid any increase in transmission. WHO advises:

- Place the mask carefully covering the mouth and nose and tie securely to minimise any gaps between the face and mask.
- Avoid touching the mask while wearing it.
- Remove the mask using the appropriate technique: do not touch the front of the mask but untie it from behind.
- After removal or whenever a used mask is inadvertently touched, clean hands using an alcohol-based hand rub or soap and water if hands are visibly dirty.
- Replace masks as soon as they become damp with a new clean, dry mask.
- Do not re-use single-use masks.
- Discard single-use masks after each use and dispose of them immediately upon removal.

This form is consistent with the template found at the Appendix B in the IMO Recommended framework of protocols for ensuring safe ship crew changes and travel during the coronavirus (COVID-19) pandemic (IMO Circular Letter No.4204/Add14).

Crew/Passenger Health Self-Declaration Form

This form should be completed by all persons prior to, or at the time of, embarkation on to the ship. It is intended to screen persons for COVID-19 infection and collect other relevant information. [Insert reference or link to relevant data protection/privacy policy.]

Date:

Full Name

(as found on passport or other ID)

Last (Family) Name:

First (Given) Name:

Name of Ship:

1. Have you received information and guidance on the coronavirus (COVID-19), including about standard health protection measures and precautions? Yes / No
2. Do you understand and comply with applicable standard health protection measures and precautions to prevent the spread of the coronavirus (COVID-19), such as proper hand washing, coughing etiquette, appropriate social distancing? Yes / No

During the last 14 days, have you:

3. Tested positive for being infected with the coronavirus (COVID-19)? Yes / No
If "Yes", please provide date of test and name of test:
4. Tested positive for the antibodies for the coronavirus (COVID-19)? Yes / No
If "Yes", please provide date of test and name of test:

5. Shown any symptoms associated with the coronavirus (COVID-19), specifically,

A fever: Yes / No

A dry cough: Yes / No

Tiredness: Yes / No

Shortness of breath: Yes / No

Aches and pains: Yes / No

Sore throat: Yes / No

Diarrhoea: Yes / No

Nausea: Yes / No

Loss or change in taste/smell: Yes / No

Rash: Yes / No

6. Completed a period of self-isolation related to the coronavirus (COVID-19)? Yes / No

If "Yes", please explain the circumstances and the length of self isolation:

7. Had close contact with anyone that has tested positive for coronavirus (COVID 19)?
("Close contact" means being at a distance of less than one metre for more than 15 minutes.) Yes / No

8. Had close contact with anyone with symptoms of the coronavirus (COVID-19)?
("Close contact" means being at a distance of less than one metre for more than 15 minutes.) Yes / No

9. Maintained good personal hygiene and complied with applicable health protection measures and precautions? Yes / No

I confirm that the information provided above is correct to the best of my knowledge.

Signature:

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Date:

--

Date of form completion: (yyyy/mm/dd) <div style="border: 1px solid black; display: inline-block; padding: 2px;"> 2 0 </div>	
Public Health Passenger/Crew Locator Form: To protect your health, public health officers need you to complete this form whenever they suspect a communicable disease onboard a ship. Your information will help public health officers to contact you if you were exposed to a communicable disease. It is important to fill out this form completely and accurately. Your information is intended to be held in accordance with applicable laws and used only for public health purposes.	
<i>One form should be completed by an adult member of each family/crew member. Print in capital (UPPERCASE) letters. Leave blank boxes for spaces.</i>	
SHIP INFORMATION: 1. Ship Name & 2. IMO number 3. Cabin Number 4. Date of disembarkation (yyyy/mm/dd)	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
PERSONAL INFORMATION: 5. Last (Family) Name 6. First (Given) Name 7. Middle Initial 8. Your sex:	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
9. Mobile 10. Business 11. Home 12. Other	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
13. Email address	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
PERMANENT ADDRESS: 14. Number and street (Separate number and street with blank box) 15. Apartment number	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
16. City 17. State/Province	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
18. Country 19. ZIP/Postal code	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
TEMPORARY ADDRESS: If in the next 14 days you will not be staying at the permanent address listed above, write the place where you will be staying.	
20. Hotel name (if any) 21. Number and street (Separate number and street with blank box) 22. Apartment number	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
23. City 24. State/Province	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
25. Country 26. ZIP/Postal code	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
EMERGENCY CONTACT INFORMATION of someone who can reach you during the next 30 days	
27. Last (Family) Name 28. First (Given) Name 29. City	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
30. Country 31. Email	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
32. Mobile phone 33. Other phone	
<div style="border: 1px solid black; display: inline-block; width: 100%; height: 20px;"></div>	
34. TRAVEL COMPANIONS – FAMILY: Only include age if younger than 18 years	
Last (Family) Name First (Given) Name Cabin number Age <18	
(1)	
(2)	
(3)	
(4)	
35. TRAVEL COMPANIONS – NON-FAMILY: Also include name of group (if any)	
Last (Family) Name First (Given) Name Group (tour, team, business, other)	
(1)	
(2)	

COVID-19

A3

Stay healthy while travelling

Avoid these modes of travel if you have a fever or a cough



Eat only well-cooked food



Avoid spitting in public



Avoid close contact and travel with sick animals, particularly in wet markets



When coughing and sneezing, cover your mouth and nose with a tissue or flexed elbow. Throw the tissue into a closed bin immediately after use and clean your hands



Frequently clean your hands with an alcohol-based hand rub or with soap and hot water for at least 20 seconds



Avoid touching eyes, nose and mouth



Avoid close contact with people suffering from a fever or a cough



If wearing a face mask, be sure it covers your mouth and nose and do not touch it once on. Immediately discard single-use masks after each use and clean your hands after removing masks



If you become sick while travelling, tell crew or ground staff



Seek medical care early if you become sick, and share your history with your health provider



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1 Eliminare	L'eliminazione del pericolo è la misura più efficace per ridurre i rischi. I lavori a bordo non devono essere condotti se esiste un metodo più sicuro per intraprendere l'attività per non andare su una nave. In un numero di casi ad es. condurre audit, survey, ispezioni e formazione esistono possibilità remote che possono eliminare la necessità di salire a bordo o ridurre il numero di personale che deve partecipare	<ul style="list-style-type: none"> • La frequenza a bordo è necessaria in questo momento? • Il lavoro può essere svolto in remoto? • il lavoro può essere rinviato? <p>Se la frequenza a bordo non può essere eliminata, è possibile ridurre il rischio?</p> <p>Ad esempio, il numero dei presenti può essere ridotto e/o parte del lavoro normalmente svolto a bordo può essere ridotto ad es. la revisione documentale, le interviste, ecc. possono essere condotte in remoto?</p>
2 Ridurre	La frequenza a bordo può essere ridotta? Laddove non sia possibile eliminare completamente i pericoli, il rischio potrebbe essere ridotto minimizzando il lavoro a bordo	<ul style="list-style-type: none"> • È possibile ridurre il numero di persone presenti a bordo e/o la durata del tempo trascorso a bordo ridotta? • È possibile svolgere parte del lavoro in remoto, ad es. ispezioni visive, esercitazioni, interviste? • È necessario partecipare a bordo di persona o è possibile organizzare riunioni in remoto per ridurre il numero di partecipanti e ridurre la durata? • È possibile fornire informazioni per la revisione remota per ridurre la presenza a bordo? <p>Una volta che la presenza a bordo è stata ridotta il più possibile, è necessario considerare come controllare il rischio residuo</p>
3 Comunicare	Se la presenza a bordo del personale di terra non può essere eliminata, comunicare e comprendere i requisiti dei partecipanti. Garantire che i requisiti di ciascuna parte, della nave e dell'organizzazione di terra siano stati comunicati in tempo utile tra loro e siano state valutate e comprese. In caso di differenze nelle esigenze, le misure di controllo devono essere concordate e comprese da tutte le parti prima dell'intervento a bordo della nave.	<ul style="list-style-type: none"> • I requisiti delle navi e delle organizzazioni di terra relativi alla gestione dei rischi e al controllo del COVID-19 sono stati comunicati in tempo utile a tutte le parti prima dell'arrivo? È previsto che l'agente della nave dovrà svolgere un ruolo importante in questo senso. • I requisiti di ciascuna parte sono compresi dall'altra parte? • I requisiti sono allineati, ad es. requisiti per l'uso dei DPI? <p>Se la gestione del rischio e i requisiti di una parte non sono allineati o non sono stati compresi, ulteriori misure di controllo potrebbero essere necessarie.</p>
4 Controllare	Se i requisiti di ciascuna parte, della nave e dell'organizzazione a terra sono stati tra loro comunicati e valutati e non sono stati compresi o ci sono differenze, allora devono essere prese misure di controllo in modo che tutti i requisiti siano compresi e	<p>Se le misure di controllo della nave e dell'organizzazione a terra inizialmente non allineati o non completamente compresi devono essere identificate le azioni necessarie per correggere la situazione.</p> <p>Le considerazioni dovrebbero includere:</p> <ul style="list-style-type: none"> • È necessario fornire una spiegazione

	<p>che i requisiti possono essere reciprocamente concordati e compresi da tutte le parti prima dell'intervento a bordo della nave</p>	<p>aggiuntiva dei requisiti forniti?</p> <ul style="list-style-type: none"> • Se i requisiti non sono compresi e o allineati, misure di controllo possono essere implementate chiarendo i requisiti e/o concordando requisiti reciprocamente accettabili? • Quali misure di protezione sono in atto a bordo e per il personale che sale? • Sono accettabili misure alternative, ad es. fornitura della nave di DPI al personale di terra? • È possibile mantenere il distanziamento sociale? • L'ingresso nelle zone alloggio dell'equipaggio può essere evitato/minimizzato? <p>Una volta che i requisiti che differiscono dalla normale pratica per ciascuna delle parti sono concordati da parte di tutte le parti interessate, gli stessi dovrebbero essere comunicati in modo chiaro a tutte le parti coinvolte, vale a dire a tutto l'equipaggio e tutti i partecipanti di terra.</p>
5 DPI	<p>Comprendere quali DPI sono richiesti e che dovrebbero essere utilizzati dall'equipaggio e dal personale di terra durante le presenze a bordo ed in quali orari.</p>	<p>Oltre a comprendere le aspettative sui DPI reciprocamente concordate sia dall'equipaggio della nave che del personale di terra, dovrebbe essere valutato quanto segue:</p> <ul style="list-style-type: none"> • I DPI concordati sono disponibili per entrambe le parti? In caso contrario, può essere fornito dall'altra parte, se necessario, prima o al momento dell'imbarco? • I DPI disponibili sono conformi alle specifiche raccomandate ed appropriate nonché compatibili con gli altri DPI e le attrezzature da indossare durante l'intervento. I DPI forniti consentono l'esecuzione efficace dei lavori previsti? • Il DPI è sterile, laddove applicabile? • L'utente è stato istruito su come ispezionare, indossare, utilizzare e smaltire i DPI?

1 Eliminate	<p>Elimination of the hazard is the most effective measure to reduce risks.</p> <p>Work onboard should not be conducted if there is a safer method to undertake the task, such as not going to a ship. In a number of instances e.g. conducting audit, surveys, inspections and training remote possibilities exist which may eliminate the need to go onboard or reduce the numbers of personnel needing to attend.</p>	<ul style="list-style-type: none"> • Is attendance on board necessary at this time? • Can the work be undertaken remotely? • Can the work be postponed? <p>If attendance on board cannot be eliminated, then can the risk be reduced? For example, can numbers attending be reduced and/or can part of the work normally conducted onboard be reduced e.g. can documentary review and interviews etc. be conducted remotely?</p>
2 Reduce	<p>Can attendance on board be reduced?</p> <p>Where it is not possible to fully eliminate the hazards, the risk could be reduced by minimizing the onboard element of the work.</p>	<ul style="list-style-type: none"> • Can numbers of persons attending onboard be reduced and/or duration of time spent onboard be reduced? • Can part of the work be undertaken remotely e.g. visual inspections, witnessing drills, interviews? • Is it necessary to attend on board in person or can meetings be set up remotely to reduce numbers attending and reduce duration? • Can information be provided for remote review to reduce shipboard attendance? <p>Once attendance onboard has been reduced as far as possible, then consideration should be given to how to control the remaining risk.</p>
3 Communicate	<p>If onboard attendance of shore-based personnel cannot be eliminated,</p>	<ul style="list-style-type: none"> • Have the ship's and shore-based organizations requirements related to risk management and control of COVID-19 been
	<p>communicate and understand participant requirements.</p> <p>Ensure requirements of each party, the ship and the shore-based organization have been communicated in good time to each other and are assessed and understood.</p> <p>If there are differences in requirements control measures should be agreed and understood by all parties prior to the shipboard intervention taking place.</p>	<p>communicated in good time to all parties prior to arrival? It is envisaged that the ship's agent will need to play an important role in this regard.</p> <ul style="list-style-type: none"> • Are the requirements of each party understood by the other parties? • Are requirements aligned e.g. requirements for the use of PPE? <p>If risk management and requirements of any party are not aligned or not understood, then additional administrative control measures may be necessary.</p>

4 Control	<p>If the requirements of each party, the ship and the shore-based organization have been communicated to each other and assessed, and are either not understood or there are differences then administrative control measures need to be taken so that all requirements are understood and so that requirements can be mutually agreed and understood by all parties prior to the shipboard intervention taking place.</p>	<p>If the control measures of the ship and the shore-based organization are not initially aligned or not fully understood identify actions required to rectify the situation.</p> <p>Considerations should include:</p> <ul style="list-style-type: none"> • Does additional explanation of requirements need to be provided? • If requirements are not understood and or aligned, can control measures be implemented through clarifying requirements and or agreeing mutually acceptable requirements? • What protective measures are in place on board and for the attending personnel? • Are alternative measures acceptable e.g. ship's provision of PPE to shore-based personnel? • Can social distancing be maintained? • Can entry into crew accommodation spaces be avoided/minimized? <p>Once mutually acceptable requirements that differ to normal practice for either party are agreed the requirements concerned should be clearly communicated and agreed by all parties impacted i.e. all ships' crew and all shore-based participants.</p>
5 Personal Protective Equipment (PPE)	<p>Understand what PPE is required and expected to be used by crew and shore-based personnel during attendance onboard and at what times.</p>	<p>In addition to understanding mutually agreed PPE expectations of both the ship's crew and shore-based staff the following should be assessed:</p> <ul style="list-style-type: none"> • Is the agreed PPE available to both parties? If not, can it be provided by the other party if necessary, either prior to or at the time of boarding? • Does available PPE comply with appropriate recommended specifications and is it compatible with the other PPE and equipment to be worn during the intervention. Does the provided PPE allow for the intended work to be carried out effectively? • Is the PPE sterile, where applicable? • Has the user been instructed how to inspect, wear, use and dispose of the PPE?

COVID-19

A5

How to safely greet others

Avoid physical contact.

Safe greetings include
a wave, a nod
or a bow



For more information, go to
ics-shipping.org/covid19



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COVID-19

A7

Protecting everyone during ship visits

COVID-19 is spread through small droplets from the nose or mouth of an infected person which may be inhaled or land on objects and surfaces other people touch, after which they then touch their eyes, nose or mouth.

Protect through social distancing and good hygiene

Keep a minimum of 1-2 metres distance.

No handshakes or physical contact.

Wash hands frequently and thoroughly, keeping contact surfaces clean, and touch your face less.



Prepare for visitors

Wipe down areas and objects visitors are likely to touch with an anti-bacterial solution.

Restrict access into the ship's accommodation – keep doors locked and post 'no entry' signs.

Provide alcohol hand gel ready for use upon entry onto the ship and around the ship.

Have designated toilet and handwashing facilities for visitors, which are well-stocked with soap.

Try to prepare and complete documents digitally – avoid handling paper and laminated documents.

Have PPE, such as disposable gloves, ready to use in unavoidable close contact situations.



Keep your guard up

Maintain effective ship and gangway security and prevent unauthorised personnel boarding the ship.

If someone trying to board the ship exhibits symptoms – refuse access and report it.

Continue to sanitise contact areas throughout the ship's stay in port.



Take it outside

Where possible, hold conversations and meetings with visitors on the open deck or open bridge wings.

If visitors must be inside, limit the number of crew nearby to the absolute minimum.



Based on information kindly provided by the North of England P & I Club



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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.



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.



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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COVID-19**A9**

How to deal with laundry

How to wash and dry clothes, towels and bed linen if a crew member is a suspected COVID-19 patient

Wash the patient's clothes, towels and bed linen separately.

If possible, wear heavy-duty gloves before handling them.

Never carry soiled linen near your body; place soiled linen in a clearly labelled, leak-proof container (e.g. bag, bucket).

Scrape off solid excrement (e.g. faeces or vomit) with a flat, firm object and place it in the patient's toilet before putting linen in the designated container. Place the excrement in a covered bucket to dispose of in a toilet if this is not in the patient's cabin.

Wash and disinfect linen: machine wash at 60–90°C with laundry detergent. Alternatively, soak linen in hot water and soap in a large drum, using a stick to stir, avoid splashing. If hot water is not available, soak linen in 0.05% chlorine for approximately 30 minutes. Rinse with clean water and let linen dry in sunlight.

Do not forget to wash hands at the end of the process.



Do I need to use a washing machine and drier to wash and dry clothes, towels and bed linen if no one in the crew is a suspected COVID-19 patient?

No need to use a washing machine or drier, nor extremely hot water.

Do laundry as normal using detergent or soap.

Once dry, clean your hands before handling and storing clothes, towels and bed linen.



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Measures to Enhance Mental Health and Wellbeing	General Wellbeing	Those with general mental health issues	Obsessive compulsive disorder (OCD)	Learning Disability	Autism	Older people
Consider how to connect with others and help and support them						
Contacting trusted friends, family and colleagues is key to mental wellbeing.	✓	✓	✓	✓	✓	✓
Make regular contact via telephone, video calls or social media instead of meeting up.	✓	✓	✓	✓	✓	✓
Identify how to provide help and support to others. Message a friend or family member nearby. Join community groups to support family while at sea.	✓	✓				
Try to accept other people's concerns, worries or behaviours.	✓	✓	✓	✓	✓	✓
Maintain daily physical wellbeing						
Physical health impacts on emotional and mental feelings. At difficult times, it can be easy to adopt unhealthy behaviours which can make things worse. Eat healthy, well-balanced meals, drink enough water, exercise where possible, and avoid smoking and alcohol.	✓	✓				✓
Life is changing for everyone. Staying on board or social distancing will cause disruption to the normal routine. Review how to adapt and create positive new routines, engage in useful activities (e.g. cleaning or exercise) or meaningful ones (e.g. reading or calling a friend). It may be helpful to write a daily plan.	✓	✓				✓
Manage panic and anxiety						
When having panic attacks or flashbacks plan a 'safe space' to go to.	✓	✓	✓	✓	✓	✓
If spending more time on board, seafarers may feel trapped or claustrophobic and should try if possible to go outside daily. Open windows if possible to let in fresh air, and sit with an external view. Change rooms visited (if possible) to give a sense of space.	✓	✓	✓	✓	✓	✓
Manage worry and stress and seek help when struggling						
The COVID-19 outbreak may be stressful and cause worry about changes that occur because of it, including having to stay on board.	✓	✓		✓	✓	
Do not forget about other health conditions and take any medication prescribed.	✓	✓		✓		
Share feelings and coping strategies with family and friends, or contact ISWAN SeafarerHelp or a Seafarers' Mission to help.	✓	✓	✓	✓	✓	✓
If needing medical treatment, share medical information or diagnosis with medical staff.	✓	✓	✓	✓	✓	✓
Request help for example with shopping or running errands and let those around you know what they can do or contact Seafarers help or the local port welfare provider.	✓	✓				✓
Manage difficult feelings						
Seafarers should focus on things they can control by acquiring information and better preparation. Worries outside personal control and repetitive thoughts are unhelpful.	✓	✓				
OCD can make it hard to absorb advice due to problematic washing or hygiene behaviours.			✓			
Avoid re-reading advice about Covid-19 if this is unhelpful	✓	✓	✓	✓	✓	✓
Advise others when struggling, for example, ask them not to discuss the news	✓	✓	✓	✓	✓	✓
Set limits	✓	✓	✓	✓	✓	✓

Measures to Enhance Mental Health and Wellbeing	General Wellbeing	Those with general mental health issues	Obsessive compulsive disorder (OCD)	Learning Disability	Autism	Older people
Plan something to do to change focus	✓	✓	✓	✓	✓	✓
Contact the mental health team						
Contact the mental health team to discuss continuing care and to update medical plans.		✓	✓	✓	✓	✓
Improve sleep						
Anxiety or worries can make it harder to get a good night's sleep. Good quality sleep enhances mental and physical wellbeing. Maintain regular sleeping patterns and good practices, avoid screens before bed, reduce caffeine and create a restful environment.	✓	✓				✓
Manage personal media and information intake						
24-hour news and constant social media updates can increase worry. Limit time to a maximum of twice daily checks to watch, read, or listen to media coverage.	✓	✓	✓	✓	✓	✓
Gather information from this guidance document to accurately determine risks of contracting COVID-19 to take reasonable precautions. Inaccurate information can also negatively affect others so do not share information without fact-checking sources.	✓	✓	✓	✓	✓	✓
Set goals and plan to keep mentally well						
Setting goals and achievement gives a sense of control and purpose so identify things to do on board. Watch a film, read a book or learn something online.	✓	✓	✓	✓	✓	✓
Exercise on board and download 10 minute work outs or other exercise videos.	✓	✓				
Continue normal activities to keep well. If support is available from others, plan how to remain well and relaxed with them.	✓	✓			✓	
Keep a diary	✓	✓			✓	
View Brain in Hand https://www.autism.org.uk/services/education/brain-in-hand.aspx					✓	
Use strategies that have helped previously.	✓	✓				
Do enjoyable things and keep an active mind						
People may do enjoyable things less often, or not at all when anxious, lonely or low. Pursuing a favourite hobby, learning something new or taking time to relax indoors should provide relief from anxiety and can enhance mood.	✓	✓	✓	✓	✓	✓
If unable to do activities due to staying on board, adapt them, or try something new.	✓	✓	✓	✓	✓	✓
Read, write, play games, do crossword puzzles, sudokus, jigsaws or drawing and painting. Many free tutorials and courses are available online and people are producing innovative online solutions like online pub quizzes and streamed live music concerts.	✓	✓	✓	✓	✓	✓
Relax and focus on the present						
This can help with difficult emotions, worries about the future and improve wellbeing. Relaxation techniques can also help some people manage feelings of anxiety.	✓	✓	✓	✓	✓	✓
Spend time outside, or bring nature in						
Social distancing guidelines enable seafarers to exercise outside daily to enhance wellbeing. If unable to get outside there can be positive effects by opening windows (if possible) to provide fresh air, arrange space to sit for a nice view and get some natural sunlight.	✓	✓	✓	✓	✓	✓
If walking outside follow the recommended social distancing guidance.	✓	✓	✓	✓	✓	✓
With increased risk of severe illness and need to stringently follow social distancing measures when onboard, some older people, particularly those with pre-existing medical conditions, may be concerned or affected by changes required to daily life.	✓	✓				✓
Alcohol reduction						
It can be dangerous to stop quickly without support. If physical withdrawal symptoms occur (like shaking, sweating or anxiety until having the first daily drink), seek medical advice.	✓	✓	✓	✓	✓	✓

COVID-19

A10

Coping with stress during COVID-19

Feeling sad, stressed, confused, scared or angry during a crisis is normal. Talking to people you trust can help. Talk to your colleagues and contact friends and family.



When on board, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with other crew members and by email, social media and phone for family and friends.



Don't use smoking, alcohol or other drugs to manage emotions. When overwhelmed, talk to a colleague or contact SeafarerHelp. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



Get the facts. Gather information to accurately determine risks and take reasonable precautions. Use a trusted credible source such as WHO or government agency website.



Reduce time spent watching, reading or listening to upsetting media coverage to limit worry and agitation.



Draw on past skills which helped you manage previous difficult situations to help handle your emotions at this time.



Contact **SeafarerHelp**, the free, confidential, multilingual 24 hour helpline for seafarers and their families, open 365 days a year for advice if necessary.

Dial **+44 20 7323 2737** or email **help@seafarerhelp.org**



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Country	Notes
Algeria	Electronic prescriptions for life saving or recurrent medicines for foreign seafarers are accepted, except narcotic medicines which require the presence of a doctor on board the vessel.
Australia	No problem, ring a doctor's surgery and book a phone discussion with a doctor for a prescription. The Shipping Agent could organise this and the Seafarer would only need to provide an electronic or paper copy of a prescription from a previous doctor to access relevant medication. There will be complications if the vessel has not served 14 day isolation.
Belgium	Need to have a prescription from a Doctor. Cannot issue electronic prescriptions for people not registered in their health system but in every port pharmacists and doctors are collaborating to deliver necessary medicines on board for seafarers.
Brazil	There is no need for prescriptions to buy the medicine. If seafarers have a previous medical prescription, it helps to renew but even without a prescription, at the seafarer's request through the Master, request the representative agent in the port, who will provide and send medicine on board without problems.
Bulgaria	Depends on the internal rules for each pharmacy. Special medicines are under restriction but in general should not be a problem to access for a life threatening condition.
Canada	Seafarers' prescriptions that expire during the voyage will be renewed. Some prescriptions can be rolled over, others may require an exam. Diabetes for example is one they want to be careful with. Prescriptions are prepared by the Mariners Clinic and can be delivered to ships. Video conferencing is available with seafarers to reduce visits to the doctors.
Chile	Must have a medic/doctor's prescription. Some medications don't need a prescription in Chile, such as medicine for high pressure, blood sugar, etc, which can be bought in any pharmacy. The local agent takes the patient to a doctor to prescribe the medication to buy. If documents are from somewhere else they must be stamped and signed by a doctor to be accepted.
China	The seafarer should ask the labour supply country to liaise with the Chinese authorities to assist with the provision of medication.
Colombia	If a crew member needs recurrent medicines it should not be a problem but it is a priority to receive electronic prescriptions in advance for the procedures required by the Port Health before arrival of the vessel.
Cyprus	Prescription renewals are covered under the current protocol/policy covering Medical Emergencies. The company or agent must advise the authorities (Cyprus Ports Authority and Public Health Services) in order to arrange for safe transportation of the seafarer, from the ship to the doctor and vice versa, applying all health and safety protocols currently in force. Similar requests can be made through the Cyprus Search and Rescue Co-ordination Centre.
Denmark	Must have a doctor's prescription, Danish seafarers doctor can prescribe electronically to delivery at any pharmacy in Denmark. www.medicaloffice.dk can assist.
Finland	Electronic prescriptions for life saving or recurrent medicines for foreign seafarers who arrive in the ports are accepted and seafarers can visit a pharmacy or see a doctor.
France	Electronic prescription can be made only within the EU and European Economic Area for EU citizens. Seafarers from other countries will not have electronic prescriptions recognised and will need to have a medical appointment, during their stop or call in France, to get a new prescription. This could be by teleconsultation. In all cases, seafarers shall provide a recent prescription to the Doctor. Seafarers can also ask their embassy's or Consulate's doctor to issue a new prescription, by teleconsultation.
Germany	If a pharmacy refuses, the Port medical service or Port doctor must be contacted, translate the prescription and sign it to obtain medicines. In such cases Port agents and seamen's missions are all able and ready to assist. There is no problem to help any seafarer in such a situation.
Great Britain (East Coast)	Agents use normal channels and seek a doctor's appointment for a seafarer. However, it is currently a video or telephone conference established between the doctor and seafarer seeking renewal of the prescription. Unfortunately it is currently more difficult to speak to a doctor but this is determined on a case by case basis.
Scotland	Agent can arrange a video appointment with a UK doctor who should be able to issue a prescription
Greece	Electronic prescriptions are available for all Greeks and foreigners, who are covered by the Greek Medical System. Foreign seafarers arriving at Greek ports must declare the quantity of medicines required to the agent, who can buy them from any pharmacy and provide these to them.
India	Electronic prescriptions are accepted.
Israel	For ordering medicines with electronic prescription, a chemist supplies ZIM regularly. Send the ship agent the prescription and they will contact the chemist that can supply on board. Ship Inspectors can act as a broker if an agent cannot help or assistance is needed.
Italy	National Health Service electronic prescriptions can be used with a dedicated APP. Seafarers in need of specific medicine could obtain them through the local National Health Service and agents will provide them on board.

Country	Notes
Kenya	Vessel agents are able to procure any medications required.
Korea	Electronic prescriptions cannot be issued as medicines are registered and controlled by a central government body. The crew member should visit hospital and get a prescription from a local doctor. For shore leave, crew should have mobile phone, install gps control - coronavirus application upon mandatory request by government quarantine office and check fever.
Liberia	"1. The Master must make declaration of all expired prescriptions to Port Health at the time of Boarding Party formalities. 2. Thereafter, the Master through the agent should make a request to Port Health on the prescription they intend to replenish. 3. Port Health reviews the replenishment list along with the declaration of expired prescription and approved the list. 4. The vessel agent through authorized ship Chandler procures the prescriptions on the replenishment or renewal list from only authorized pharmacy licensed by the Pharmacy Board of Liberia. 5. All procured prescriptions are taken back to Port Health to verify compliance with the renewal list and procured licensed pharmacy."
Mexico	Cross-check with company doctor and the local agent. The company doctor should contact a local practitioner to make a new prescription to be supplied before or on the day that the ship is in port.
Montenegro	No problem to provide medical assistance to foreign crew members on board ships. When medicine is required the ship's agent is obliged to announce it to the National coordinate body and to follow instructions given.
Morocco	No problem managing at the Moroccan ports with a certain flexibility of the port authorities and the support of the Moroccan union UMT.
Norway	The agent can arrange for a consultation with a Doctor rather than 'visit' a Doctor given the current restrictions.
Philippines	Prescriptions of physicians not falling under the definition of Philippine law may not be recognized under the context of prescriptions, electronic or otherwise.
Poland	Any medical documentation from the country of origin is accepted proving the need. In such cases a Polish physician would issue a Polish e-prescription giving on the form a seafarer passport number instead of Polish PIN, which is accepted by a pharmacist. If the prescription is on a special cross-border form (it's not normally electronic) it is recognized in Poland and would be executed. If it's not, validation of a Polish physician would be required.
Portugal	Electronic prescriptions could be accepted. If not the seafarer needs to have documents from a doctor to by the necessary medication
Puerto Rico	A doctor cannot send electronic prescription and to know the pharmacy to send it to. There is a Walgreens and CVS near the Port of San Juan.
Romania	It is possible to get medicines with electronic prescriptions for foreign seafarers. All prescriptions are transmitted electronically to a nearest pharmacy or indicated pharmacy. All medicine is available except psychotropic drugs.
Russia	For foreign seafarers who arrive in ports a prescription will be needed only to identify the drug and the electronic prescriptions for life saving or recurrent medicines for foreign seafarers would be accepted at the pharmacy. But there are some categories of patients who are supposed to take the medicine for free. In this case, they need a prescription from their doctor. For example, insulin-dependent patients. As well as those patients who are treated for cancer, AIDS and some other most serious diseases.
Singapore	Prescriptions must be authorized or re-written by a Singaporean registered practitioner before being presented as hospitals and medical centres do not accept foreign prescriptions.
Sweden	Seafarer needs a paper prescription issued by a doctor from the EU. However it may be possible to arrange for them to see a Doctor.
Ukraine	Most medications in Ukrainian pharmacies are sold to anybody without any prescription. The crew are unlikely to face any problems if the list of medications is submitted to company/local agent in advance to purchase the required medications.
United Kingdom	MCA reported that seafarers were having online consultations with doctors and any prescriptions were being issued that way. No details were given about the logistical issue of getting the requisite medications to the seafarer, but presumably the necessary information is communicated to a pharmacy local to the port where the seafarer's ship is, or is heading to. The supplies are taken by courier to the ship, if the seafarer is not able to leave the ship and collect them.
United States of America	Seafarer would have to see a doctor somewhere within the U.S. who could accept a foreign prescription and then issue a U.S. prescription that would be good anywhere within the U.S.
United States of America (Florida)	All crew have to do is let the medical staff on board know what meds they need and they will get it, either from ship's medical stores or if they don't have it on board they will get in touch with shore side medical staff, who will get the prescription filled.
United States of America (Gulf Coast)	As long as the seafarer has their prescription or the bottle in which the meds came, it is in most cases not a problem to get a refill
United States of America (Portland)	Teleconferencing with patients on board and crews can go to a pharmacy for medication renewal. This is usually arranged by the vessel agent.
United States of America (Texas)	If the seafarer's family can send the medicine by postal service on time (depending on the country) to the agent or nearest seafarer's center or to an Inspector, they can bring it to the ship. If agent and owner agreed to send the patient to the doctor, the patient will get the prescription from the doctor for medicines required.