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 – keeps 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

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