# COVID-19

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