

PRACTICE GOOD HYGIENE

Everyone can help prevent the spread of infections by practicing good hygiene. Please implement the following measures:



Wash your hands often with soap and water for at least 20 seconds.



Avoid touching your eyes, nose or mouth.



Avoid close contact with people.



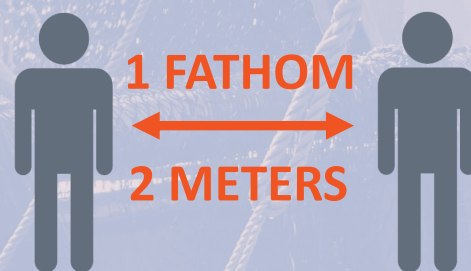
Cough or sneeze into your sleeve or elbow and not in your hands.



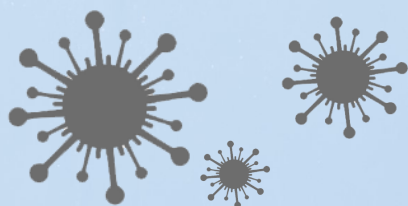
Report flu-like symptoms to your vessel master.

PRACTICE PHYSICAL DISTANCING

Wherever and whenever safe to do so, maintain a 2 meter (or 1 fathom) distance from each other.



COVID-19



Anyone experiencing flu-like symptoms associated with COVID-19 (e.g. coughing, fever, difficulty breathing), should immediately notify the vessel master and consult a healthcare professional as soon as possible.

If you have any of these symptoms, you should **NOT** be at work and should consult with your healthcare provider before returning to work.