

Coronavirus – advice for ships and ship owners.

Source of information

There are many sources for information about the Corona virus. Internationally, the best information is at the pages of the world health organisation (WHO). www.who.int
Norwegian Institute of Public Health (NIPH) issues Norwegian policy and information. www.fhi.no
For NIS and NOR registered ships Norwegian Maritime Authority also have a page. www.sdir.no

Prevent spreading of the coronavirus

There is no vaccine or effective treatment against the disease. The Corona virus spreads in the same way as a cold and flu. The virus spreads from the airways of an affected person in three ways;

1. Through the air if the infected cough or sneeze, so that the virus is inhaled or gets in contact with the mucosa membranes in the eye, nose or mouth of persons around.
2. Through direct contact, when the patient has gotten the virus on i.e. his hands.
3. Through indirect contact when the virus has been transferred to inventory or things through coughing/sneezing or if the infected have had the virus on his hands, and others get in contact with the object.

To prevent infection from spreading, avoid coughing or sneezing on others. Avoid close contact (1-2 meters) with anyone showing symptoms of respiratory illness. Try to cough or sneeze in a paper towel that is thrown away.

Proper hand wash is important amongst both sick and healthy to prevent transferring the virus. Wash your hands often and thorough with soap and hot water, especially after contact with others. Disinfection is a good alternative if hand wash is not possible. If your hands are dirty or wet, disinfection is less effective, and hand wash should be preferred.

When to seek help?

Persons developing signs of respiratory disease after visiting infected areas, or close contact to persons that is infected, should contact a doctor. [Situation reports \(WHO\)](#) [Areas with contamination \(NIPH\)](#)

Signs on respiratory infection could be coughing, fever, sore throat, chest pain and difficulties breathing.

If the virus affects you, try to avoid public transport and use facemask when in contact with others, as long as you have symptoms.

Suspected Corona illness on board

- The patient should be isolated in the sickbay or own cabin.
- Make sure to observe the patient regularly to observe the development of the illness and the patient's condition.
- The contact with the patient should be limited to one or two other crew members. These should use facemask when entering the patients' cabin. Make sure to follow advice on hand wash, and wash hands immediately after leaving the patients' cabin.
- Routines for disinfection of surfaces that is touched by many should be initiated (i.e. water faucets, door handles, railings, toilet flush buttons, telephones, navigation panels etc.)

When going to port

- Declaration of health is filled out according to ordinary routines before pulling into port.
- If Corona illness is suspected on board, port authorities must be informed and asked for instructions.
- If suspected Corona illness on board, when entering Norwegian port from abroad, Norwegian Coastal Authorities must be notified at Tel. +47 78989898. For local instructions arriving to Norway, see [The Norwegian Coastal Administration - Corona information](#)

Crew changes

- At change of crew, advice regarding travel should be taken into account. Travel advice from who is available here: [Travel advice \(WHO\)](#)
[Travel advice \(NIPH\)](#)
- Decisions regarding crew change, change of port for crew change etc. must be assessed by the ship or shipowner in each case.
- For NIS registered vessels, complementary information is found here [Norwegian Maritime Authorities Change of crew during Corona outbreak](#)
- Port authorities should be contacted, regarding local regulations.

Passenger vessels and passenger contact

Regular precautions should be made. [Advice for the public \(WHO\)](#). WHO has also issued information on how to prepare a workplace that gives advice, which also can be applied, to passenger vessels. [Ready your workplace \(WHO\)](#)

More information

[WHO-Coronavirus](#)

[Information posters from Norwegian Health Authorities \(Various languages\)](#)

Who can be contacted

- **In case of suspected illness on board (world wide)**, contact Radio Medico Norway:
Inmarsat : 32 trough Eik earth station, Telephone : +47 51683601, E-Mail : advice@radiomedico.no
- **For general questions relating to Corona virus in Norway**. Norwegian Institute of Public Health (NIPH).
+47 81555015. (Information service about Corona)
- **For ships arriving in Norway with suspected Corona illness**. Norwegian Coastal administration.
Tel. +47 78989898.
- **For questions regarding crew change etc. for NIS/NOR registered ships**. Norwegian Maritime Authority.
Tel. +47 52745000.