

COVID-19 on board

COVID-19 is very contagious and is a threat to health. Colds, sneezing, sore throat, loss of sense of smell and taste, coughing, chest tightness and fever are symptoms of this virus. It varies from case to case whether the virus manifests itself in a mild or even deadly form. In case of persistent symptoms, always contact your doctor or general practitioner.



Threats

- Not being able to keep sufficient distance
- Infection on board by social contact of non-crew members
- Compact sleeping areas
- Shared shower and toilet facilities
- Shared use of galley and kitchen
- Unwashed clothing lying about
- Shooting & hauling fishing gear
- Changing of the guard on the bridge
- Processing line on board
- Food safety in catch processing
- Unloading the catch
- Air conditioning
- Lack of crew due to illness



Step 1: Collective measures

Source measures

- ✓ Stay at home with symptoms of COVID-19 or illness
- ✓ Avoid contact with others (outside the household)
- ✓ Keep 1.5 meters distance from others when possible
- ✓ Pay extra attention to personal hygiene (RIVM)
- ✓ Prevent visits from non-crew members on board. Is it necessary? Then take strict precautions

Collective measures

- ✓ Use a mouth cover (FFP 1) according to RIVM instructions if the 1.5-meter distance cannot be maintained
- ✓ Use disposable items to replace washcloths, dish, hand, and tea towels
- ✓ Change bed linen and disinfect berth by each crew member himself weekly
- ✓ Thoroughly clean common areas, objects, and tools after use with alcohol (70%) or soap
- ✓ Use a HEPA air conditioning filter (AI / HI Virus filter) and replace it in time
- ✓ Apply splash guards to the processing line

Step 2: Individual measures

- ✓ Wash your hands regularly with soap and water for 20 seconds and then dry them well
- ✓ Cough and sneeze into your elbow
- ✓ Avoid touching your face
- ✓ Do not shake hands
- ✓ Measure your body temperature regularly
- ✓ Use paper tissues to blow your nose and throw them away
- ✓ Each crew member is responsible for cleaning their own clothes
- ✓ Change your own bed linen every fishing trip
- ✓ Put on clean (work) clothes every day
- ✓ Keep dirty clothes, linen, etc. in a closed bag
- ✓ Clean gloves regularly
- ✓ Use a new washcloth and towel each wash and collect used towels in a container or sealed bag
- ✓ Keep a maximum distance from the colleague's head in the sleeping quarters

Step 3: Personal protective equipment

- ✓ Mouth cover (FFP 1) and gloves can contribute to safety when used correctly (instruction from RIVM)
- ✓ Wear gloves when disinfecting rooms and materials
- ✓ Wear gloves when handling the catch and disinfect them after use
- ✓ Wear disposable gloves when preparing food and throw them into a closed waste container after use
- ✓ Wear clean (work) clothes