



CORONAVIRUS (COVID-19) SELF ASSESSMENT

REV. 2.4 – 2020.04.02

The new coronavirus disease COVID-19 is a newly emerging strain of coronavirus. The Institute of Marine Research (IMR) is monitoring the development of COVID-19 closely.

Symptoms may include (but are not limited to): Fever, cough, sore throat, nausea/vomiting, and difficulty breathing. It can take up to 14 days for symptoms to show after a person has been infected.

To maintain a safe and healthy environment for everyone, we ask you to complete the below self-assessment. This assessment should be sent to the master onboard by e-mail, not later than 24hrs prior to attending the vessel. Cruise personnel send this assessment to Cruise Leader, who collects these and send to the Captain.

Name:		
Company:		
Signature:		
Date:		
1. Is it less than 14 days since you had contact with anyone suspected or confirmed to have Coronavirus (COVID-19)?	YES / NO	
2. Is it less than 14 days since you had a Fever and any of these symptoms: Cough, sore throat, nausea, vomiting or difficulty breathing?	YES / NO	

- If you answered YES to question 1 you cannot attend our vessel until 14 days have elapsed.
- If you have answered YES to question 2, you cannot attend our vessel until you have been assessed by a Medic.
- If you answer NO to all the above you are welcome onboard, and no further action is required from you. Please make sure you follow all the advices from Norwegian Institute of Public Health (NIPH) to avoid spread of the COVID-19 <https://www.fhi.no/en/id/infectious-diseases/coronavirus/>

If you answered YES to any of the above, please inform your supervisor or company representative. Do not send the form if you answered YES to any of the above.

We would like to encourage all personnel and subcontractors to monitor your health conditions closely, and seek medical attention promptly if you are feeling unwell.

The above precautionary measures are subject to ongoing review as new information comes to hand. Any change to the above will be communicated as required. Please also keep yourself updated on the situation at the NIPH website.

For information on general novel coronavirus preventative measures, please see the attached poster developed by International SOS.

Novel Coronavirus preventive measures

DO



Wash hands frequently



Maintain good personal hygiene



Ensure food, including eggs, is thoroughly cooked

AVOID



AVOID close contact with sick people



AVOID touching your face



AVOID direct contact with animals (live or dead) and their environment

AVOID touching surfaces that may be contaminated with droppings

DO NOT travel if you are sick



This poster has been developed for educational purposes and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns about any topic in the poster, please consult your medical professional.

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