

## CORONAVIRUS (COVID-19) SELF ASSESSMENT

REV. 2.7 – 2020.11.16

The COVID-19 pandemic is still very much present in Norway and most countries globally. Institute of Marine Research (IMR) is monitoring the development of COVID-19 closely and have so far been successful with keeping the research vessels manned and operated by IMR free from the Covid-19 virus, and have every intention to stay Covid-19 free also in the future!

IMR therefore require all crew members, instrument technicians and cruise participants to fill in this Covid-19 self assessment form and send it to the vessel before embarkation in order to get a confirmation that you are, as far as you know, free of Covid-19 and do not have symptoms that could be caused by a Covid-19 infection.

Symptoms may include (but are not limited to): Fever, cough, sore throat, nausea/vomiting, and difficulty breathing. It can take up to 10 days for symptoms to show after a you have 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 Captain of the vessel by e-mail, not before 24hrs prior to attending the vessel. Cruise personnel send this assessment to Cruise Leader, who collects these and send to the Captain.

<b>Name:</b>		
<b>Company:</b>		
<b>Signature:</b>	(electronic ok, sent as an attachment to an e-mail from you)	
<b>Date:</b>		
1. Is it less than 10 days since you had contact with anyone suspected or confirmed to have Coronavirus (COVID-19)?	<b>YES / NO</b>	
2. Is it less than 10 days since you had a fever and any of these symptoms: Cough, sore throat, nausea, vomiting or difficulty breathing?	<b>YES / NO</b>	
3. I have read and understood "Guidelines for the handling of Covid-19 on vessels manned and operated by IMR". <a href="https://www.hi.no/en/hi/cruises-and-field-work/imrs-research-vessels-department/covid-19-related-information-cruise-and-vessel">https://www.hi.no/en/hi/cruises-and-field-work/imrs-research-vessels-department/covid-19-related-information-cruise-and-vessel</a>	<b>YES / NO</b>	

- If you answered YES to question 1 you cannot embark an IMR operated or IMR rented vessel until 10 days have elapsed.
- If you have answered YES to question 2, you cannot embark an IMR operated or IMR rented vessel until you have been assessed by a medical doctor and found not to be infected by the Covid-19 virus.

If you still have symptoms after you are found not to be infected, you may embark an IMR operated or IMR rented vessel if your general health condition is good and approval to embark the vessel is given by the Chief QHSE Officer at the IMR Research Vessel Department, see contact information at the bottom of this form. Approval will be given after an individual assessment based on several factors given by the Norwegian public health authorities (Folkehelseinstituttet).

- If you have answered NO to question 3, you cannot embark an IMR operated or IMR rented vessel. It is mandatory before embarkation to read the "Guidelines for the handling of Covid-19 on vessels manned and operated by IMR" published on <https://www.hi.no/en/hi/cruises-and-field-work/imrs-research-vessels-department/covid-19-related-information-cruise-and-vessel>. Please ask the Cruise Leader if anything is unclear or not fully understood.
- Please make sure you follow all recommendations from Norwegian Institute of Public Health (NIPH) to avoid spread of the COVID-19, see: <https://www.fhi.no/en/id/infectious-diseases/coronavirus/>

IMR encourage all personnel to monitor their health condition closely and seek medical support promptly if 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 keep yourself updated on the situation at the Norwegian Institute of Public Health (NIPH) website.

For information on general novel coronavirus preventative measures, please see the attached poster developed by FHI (Norwegian Institute of Public Health).

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## What is a safe distance from other people?

By maintaining a safe distance from others, we help to slow the spread of coronavirus (COVID-19)

You are a close contact or returning home after travelling and have to go into

### QUARANTINE

- Do not go to school or work.
- Do not use public transport.
- Avoid visiting others and do not have visitors at home.
- You can go for a walk, but you must stay more than 1 metre away from other people.
- You can go to the grocery store or pharmacy if absolutely necessary.
- Children can interact with others in the household as normal, but keep a good distance between adults.
- The persons you live with are not in quarantine.
- If you experience symptoms of respiratory infection, you must go into isolation and get yourself tested.
- A positive test result means you must go into home isolation.

### Advice for everyone

- Follow good hand hygiene and cough etiquette.
- You and your closest family and friends can socialise in the normal way.
- Keep a safe distance from everyone except your closest family and friends, at least 1 metre.
- If you have symptoms of respiratory tract infection, you must stay home.
- If you have symptoms of COVID-19, you should get yourself tested.

You have tested positive for COVID-19 and are in

### HOME ISOLATION

- Stay home.
- Maintain a safe distance from everyone else in your home.
- Use a separate room and bathroom if it is possible.
- Clean surfaces frequently.
- Ask someone else to do your shopping for you.
- Agree with your doctor how you should monitor your health.
- The people you live with must go into quarantine.

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