**Coronavirus (COVID-19) Self Assessment rEV. 2.8 – 2021.06.25**

The COVID-19 pandemic with the Coronavirus and its mutations is present in Norway and most countries globally. The 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 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, 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 delivered to the Captain of the vessel before embarkation. Cruise personnel send this assessment to Cruise Leader, who collects these and deliver to the Captain.

|  |  |  |
| --- | --- | --- |
| **Name:** |  | |
| **Company:** |  | |
| **Signature:** |  | |
| **Date:** |  | |
| 1. Is it less than 10 days since you had contact with anyone suspected or confirmed to have Coronavirus (COVID-19)? | | **YES / NO** |
| 1. Is it less than 10 days since you had a fever and any of these symptoms:   Cough, sore throat, nausea, vomiting or difficulty breathing? | | **YES / NO** |
| 1. I am fully vaccinated for COVID-19 | | **YES / NO** |
| 1. I am protected for COVID-19 | | **YES / NO** |
| 1. I have read and understood “Guidelines for the handling of Covid-19 on vessels manned and operated by IMR”.   <https://www.hi.no/en/hi/cruises-and-field-work/imrs-research-vessels-department/covid-19-related-information-cruise-and-vessel> | | **YES / NO** |

* 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.

* Fully vaccinated:

People who have received two doses of the vaccine, effective one week after the final dose  
  
People who have recovered from COVID-19 and received one dose of the vaccine over one week ago − they cannot have the vaccine administered until three weeks after the date of the positive test  
  
People who have received their first vaccine dose and have received a positive test result at least 3 weeks after vaccination − they will be fully vaccinated once they have come out of isolation

Protected:  
  
People who have received one dose, and 3 weeks have elapsed since they received their dose.  
  
People who have recovered from COVID-19 in the past 6 months.

* If you have answered NO to question 5, 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 NIPH website.

For information on general novel coronavirus preventative measures, please see the attached poster “How much social distance?” developed by NIPH.

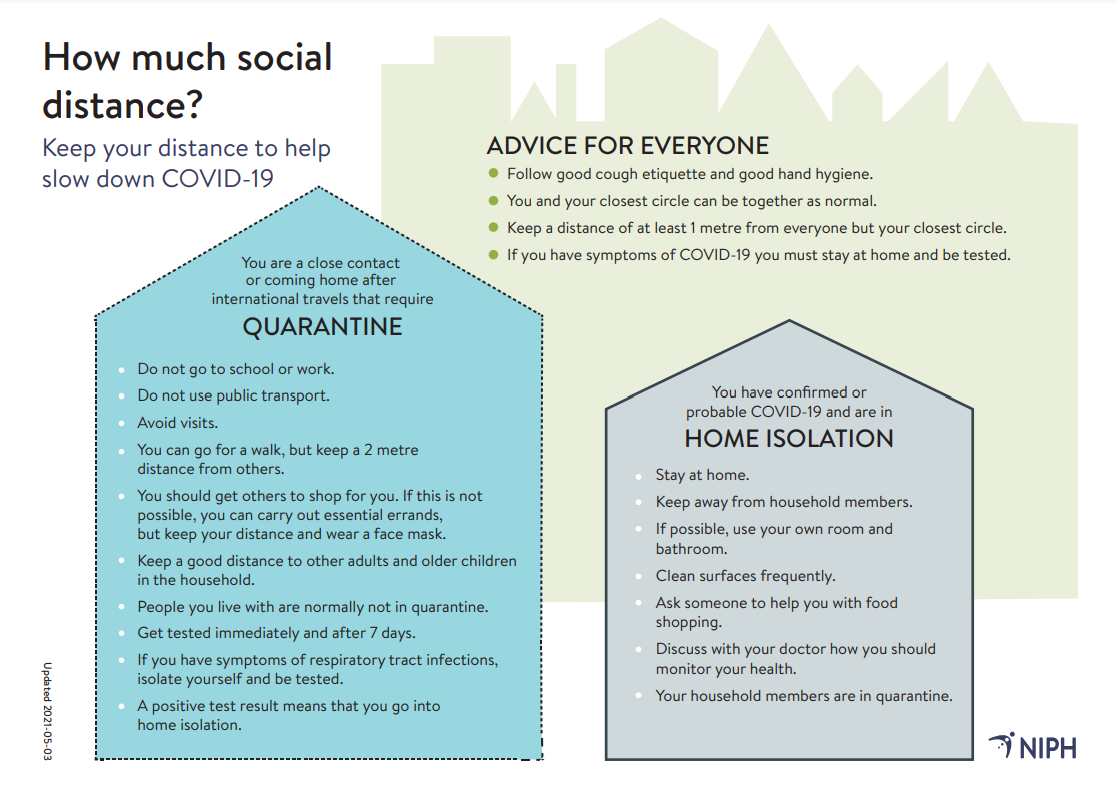
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