

# Shipping and sea ports guidance

Common symptoms of coronavirus (COVID-19)



new and  
continuous cough

or



high  
temperature

If **you have symptoms** of coronavirus, you need to **self-isolate for 7 days**

If **you live with someone who has symptoms**, you need to **self-isolate for 14 days** from the day their symptoms started

Only use **NHS 111** if your symptoms get worse or are no better after home isolation

## Stop the spread of coronavirus



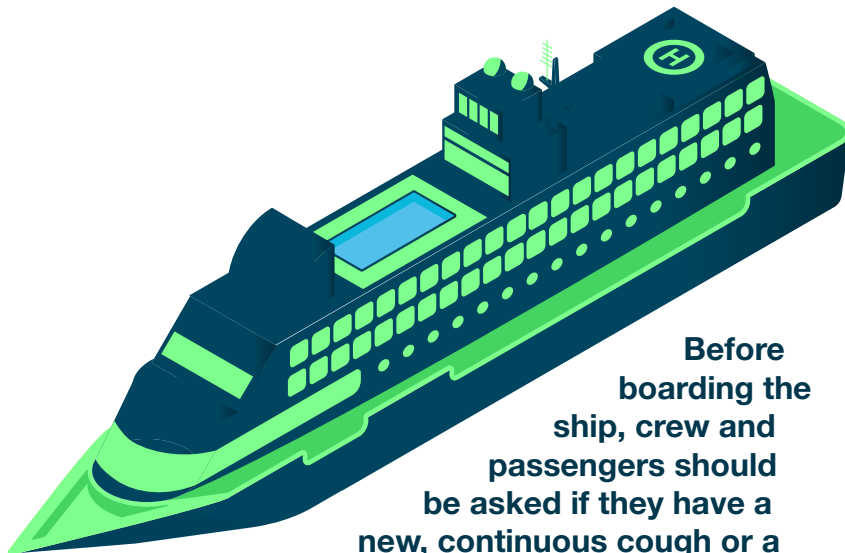
**Wash your hands more often and for 20 seconds**

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away straight away



**Before boarding the ship, crew and passengers should be asked if they have a new, continuous cough or a high temperature**

Crew and passengers **should be given clear instructions** on what to do if they develop symptoms and how and to whom they should report this

Appropriate use of personal protective equipment (PPE) and cleaning of surfaces that a person with symptoms has come into contact with are key measures to stop the spread of the virus



The Master of the Ship should notify the Port Health Authority about any suspected cases of coronavirus as soon as possible, who will then inform the local Health Protection Team (HPT)

If someone becomes unwell with a new, continuous cough or a high temperature, they should be sent home or to their cabin