

ADVERTISE SHIP

ADVISORY COVID - 19



Corona Virus – Health Advisory

It is advised to avoid unnecessary travel or defer all travel to Hubei Province and non-essential travel to Mainland China.

All Seafarers/ travellers should monitor their health closely for two weeks upon return to Pakistan and seek medical attention promptly if they feel unwell. Travellers should inform their doctor of their travel history. If travellers have a fever or respiratory symptoms (e.g. cough, shortness of breath), they should wear a mask and call the clinic ahead of the visit.

Adopt the following precautions at all times:

- Avoid contact with live animals including poultry and birds, and consumption of raw and undercooked meats.
- Avoid crowded places and close contact with people who are unwell or showing symptoms of illness.
- Observe good personal hygiene.
- Practice frequent hand washing with soap (e.g. before handling food or eating, after going to toilet, or when hands are dirtied by respiratory secretions after coughing or sneezing).
- Wear a mask if you have respiratory symptoms such as a cough or runny nose;
- Cover your mouth with a tissue paper when coughing or sneezing, and dispose the soiled tissue paper in the rubbish bin immediately; and
- Seek medical attention promptly if you are feeling unwell.
- Keep yourself hydrated and take water regularly.
- No shore leave is authorized at any port including homeports till further instructions. Moreover, interaction with the locals is to be kept to bare essential with adoption of precautionary measures.
- Masters/ Senior Leadership are advised ensure provision of facemasks to officers, crew/ staff.