

# RECOMMENDATIONS FOR THE CONTROL OF COVID-19 BEFORE BOARDING.

## A RESOURCE FOR THE SHIPOWNERS.

### 1 BOAT EQUIPMENT.

Make sure your boat has the following items onboard:

- Alcohol 70°
- Soap
- Alcohol gel
- Paper towel
- Face masks
- Fishing gloves
- Bleach or chlorine
- Medicine for fever (antipyretics\*)
- First aid kit
- Trash can with foot opening (not manual)

\* Among the antipyretics the recommended is paracetamol.

### 2 BOAT DISINFECTION.

Before boarding your crew, the boat must be washed with detergent and then it must be disinfected with a 0.5% solution of sodium hypochlorite (bleach or chlorine) or with a 0.1% quaternary ammonium solution, spraying all equipment and compartments of the boat.

### 3 DISINFECTANT SOLUTION PREPARATION.

If the bleach or chlorine used has a concentration of 5%, prepare the disinfecting solution in this way:

#### FOR SURFACES (0.5% SOLUTION)

1 LITER OF WATER + 100 ml of bleach or chlorine (or 10 tablespoons).

#### FOR FOOD (0.05% SOLUTION)

1 LITER OF WATER + 10 ml bleach or chlorine (or 1 tablespoon).

### 4 DISINFECTION OF FISHING EQUIPMENT AND OTHERS.

Disinfect materials and food that come from abroad following official recommendations for the prevention of COVID-19.



Follow the "Good Handling and Hygiene and Sanitation Practices Program" of your boat.



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### 5 HEALTH CONTROL OF YOUR CREW.

Do not allow boarding of crew members who are part of a high risk group or who have a body temperature greater than 37.5 ° C or any of the symptoms associated with COVID-19.

Request an affidavit of good health from your crew.

### 6 SYMPTOMS ASSOCIATED WITH COVID-19.

If you or your crew members have any of these symptoms, do not get onboard the boat:

- Fever.
- Dry cough.
- Sore throat.
- Difficulty breathing.
- Stuffy and runny nose.
- Muscle pain and/or headache.
- Chills

If you can, use an infrared thermometer.

### 7 BOARDING.

Board only at authorized docks that have a COVID-19 prevention and control protocol.

Keep up to date all the mandatory documents to start fishing, such as sanitary authorizations, fishing permits and others.

### 8 CONTROL OF THE CREW CLOTHING.

Require your crew to wear clean and sanitized work clothing.

### 9 CREW HYGIENE CONTROL.

Before boarding the boat, your crew members must disinfect their clothing with an alcohol-based water solution and their shoes with a solution of water with bleach or chlorine, preferably wash their hands with plenty of soap and water for 20 seconds or, alternatively, use 70 ° alcohol or gel alcohol on the hands.

If a crew member leaves the boat the disinfection procedure MUST be repeated.

### 10 CREW AWARENESS.

The crew must be properly informed regarding new security and prevention measures. Organise a meeting about the importance of complying with the measures and also place these measures in a visible place on the boat.

