

Communicable Disease Training for Crew



Communicable diseases



Types of communicable diseases on board ships



Signs and symptoms



How are diseases spread



How to prevent illness, while traveling and on board



Response to outbreak



Basic sanitation

Communicable Diseases

An infectious disease caused by a contagious agent, which is transmitted from person to person by direct contact with an infected individual or by indirectly by contact with a contaminated surface.



We're going to go through

Acute Gastroenteritis



Acute Respiratory Diseases

- Influenza
- SARS-CoV2
- Other



Types of Communicable Diseases on ships

Acute Gastro Enteritis (AGE)

What is AGE:

Acute Gastro enteritis is an acute inflammation and/or irritation of the digestive tract. Most common is Noro Virus

How is it spread:

- Fecal to oral route
- Close contact with someone with gastroenteritis
- Indirect contact with the virus on contaminated surfaces
- Eating contaminated food – this can happen if an infected person doesn't wash their hands before handling food, or you eat food that has been in contact with contaminated surfaces or objects.



Types of Communicable Diseases on Ships

- **Acute Gastro Enteritis (AGE)**

Symptoms:

- Diarrhea
- Vomiting
- Stomach Cramps
- Fever
- Fatigue

Symptoms usually start between 12- 48 hrs and can last between 12- 60 hours



Norovirus is the most common AGE on Cruise Ships

- NOROVIRUS is a very infectious virus and is the most common cause of gastroenteritis.
- Lasts on contaminated foods and surfaces for hours.

Communicable diseases on cruise ships

ACUTE RESPIRATORY DISEASES (ARD)

What is an ARD?

Inflammation or infection of the respiratory tract associated with symptoms of a cough or sore throat, Sneezing and runny nose. Most common: influenza and Covid-19

How is it spread?

Transmission of aerosolized contaminated droplets in the air from coughing sneezing or talking.



Communicable diseases on cruise ships

Acute Respiratory Diseases

Common Acute respiratory Diseases

Acute Respiratory Illness: An infection that may interfere with normal breathing. It affects just your upper respiratory system, which starts at your sinuses and ends at your vocal cords. No reported feverishness or recorded fever ($< 38^{\circ}\text{C}$ [100.4°F]) and at least one symptom of: cough, sore throat, or rhinorrhea

Influenza: a viral infection that attacks your respiratory system — your nose, throat and lungs. Influenza is commonly called the flu, defined as the presence of fever of greater than or equal to 38°C [100.4°F], in addition to cough or sore throat, in the absence of an alternative cause

COVID-19 / Coronavirus: Coronaviruses are a large family of viruses, which may cause illness in animals or humans. The most recently discovered strain causes the novel coronavirus SARS-CoV2, now known as COVID-19 and attacks predominately the respiratory system. Associated with a fever and common cold symptoms explained later in the presentation.

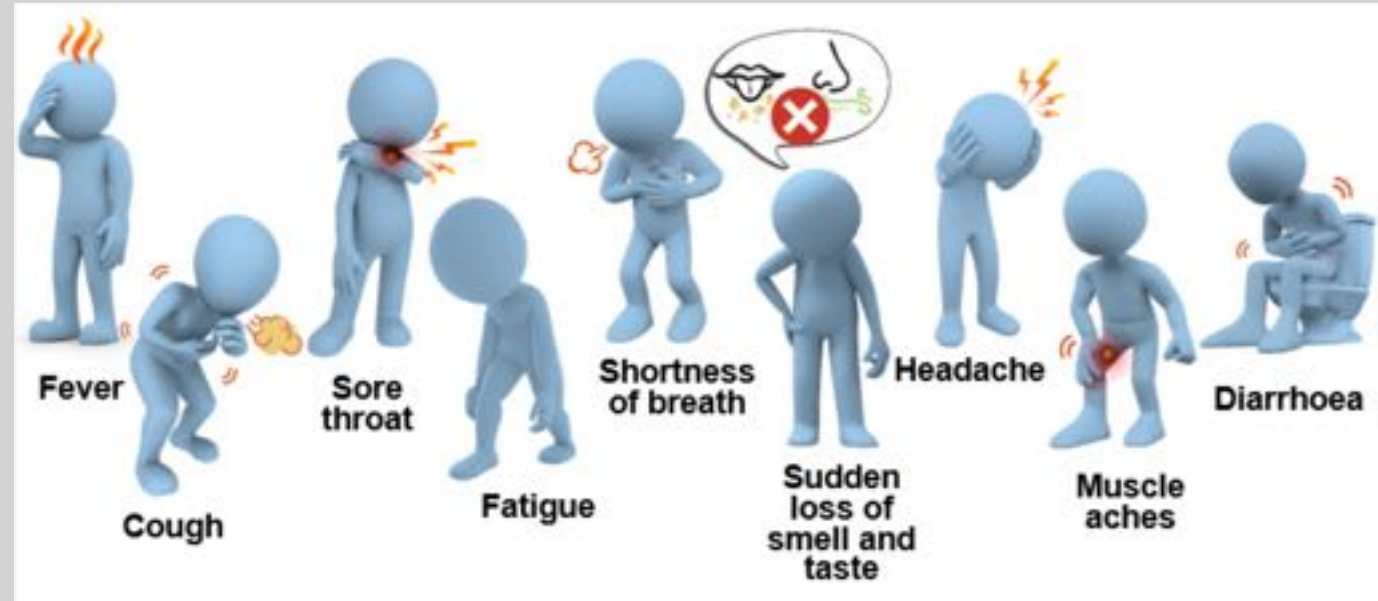
What is COVID-19?



- SARS-CoV-2 is a new virus.
- The first cases were identified in people with **pneumonia** in Wuhan, China, in late December 2019.
- It probably started in animals but is now spreading between people.
- As this virus is new, we are learning more all the time, and what we know now may change.

Symptoms COVID-19?

- Symptoms usually start between 5-8 days after contact but can start up to 14 days later.
- Most People have no symptoms or mild symptoms. Some cases can be severe and fatal

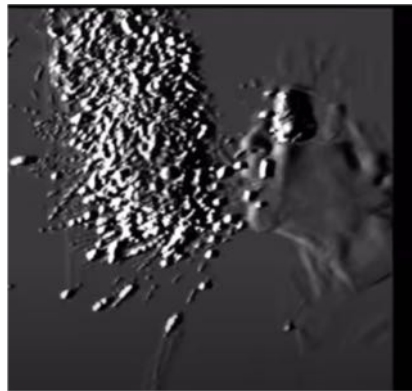


How does COVID-19 spread?

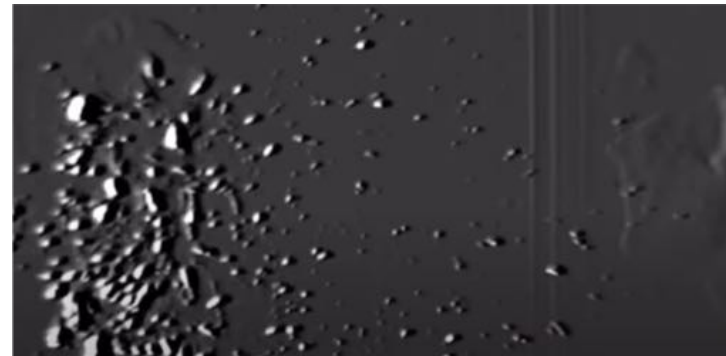
Predominant spread by respiratory droplets (e.g. coughing, talking, speaking) and contact (hand, surfaces, eyes and mouth)

Spread is similar to seasonal influenza, practicing same precautions to minimize spread of influenza will provide protection against COVID-19:

- Proper hand hygiene – hand sanitizer (60 %), soap and water
- Cough etiquette – cough into elbow / tissue
- Wear facial mask

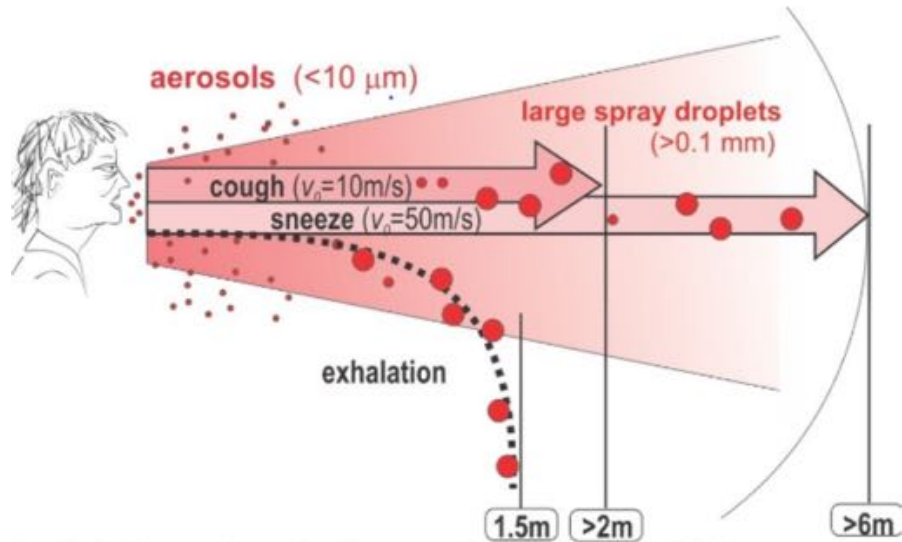


Coughing particles



Talking Particles

Transmission



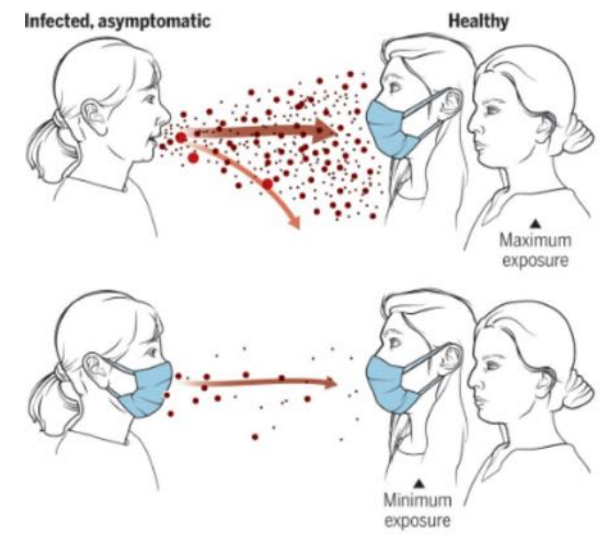
(a) Droplets below a diameter of 10 μm

How to Reduce Risks?

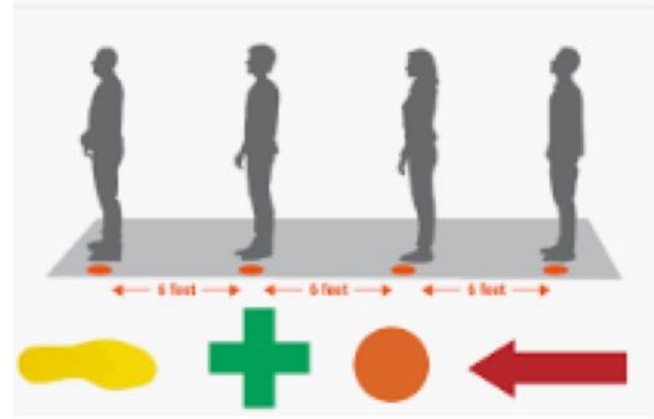
Environment



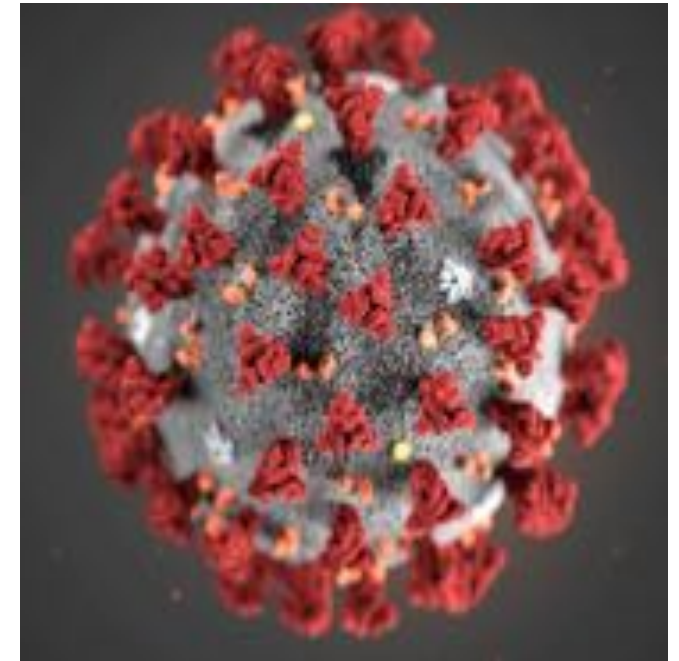
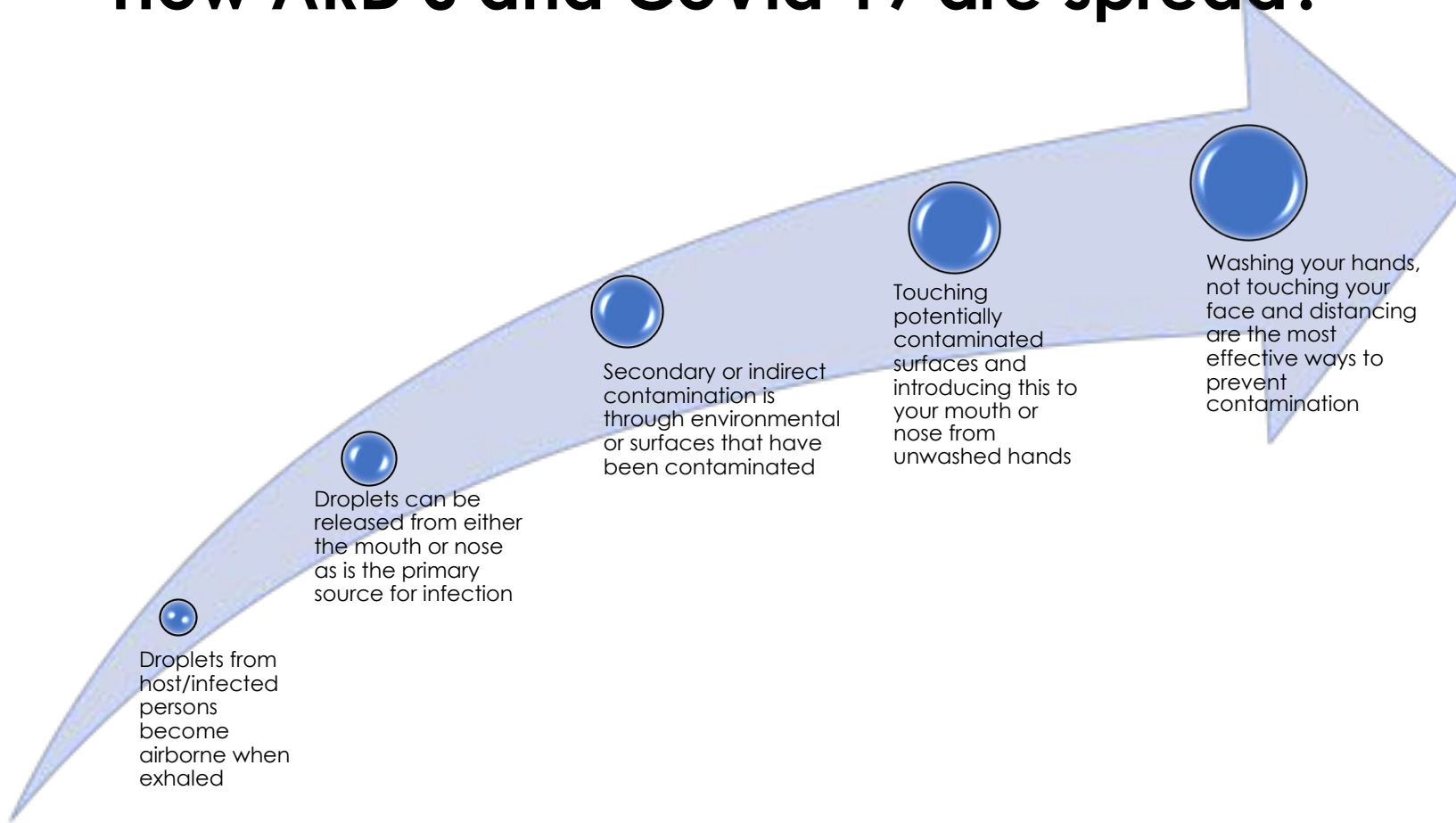
Barriers



Distancing



How ARD'S and CoVid 19 are spread?



Response to any symptoms while traveling

Feeling ill?

Diarrhea , vomiting or abdominal pain
Coughing, Fever, Runny nose or shortness of breath
Loss of smell or taste

Before you travel

Inform your Agency that you are feeling unwell
Do not travel until you are cleared by the agency to do so

While travelling

Inform the nearest medical facility at the airport
Inform an airhostess, hotel reception and/ or port agent on arrival
Remember to wash your hands, wear your mask, use hand sanitizer and keep 2 meters away from others

On arrival to the Ship

Inform the port agent or Medical Staff on arrival to the ship at embarkation and sign on procedures.
Declare it on the pre boarding questionnaire
Wash your hands, wear your mask, use hand sanitizer

Response to feeling ill on board:



Let's talk about masks:



Cloth Mask



Surgical Mask



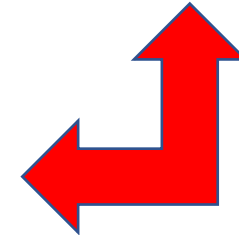
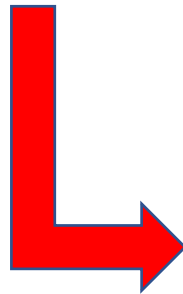
KN95 – Behind ears



N95 – Double straps
3M – 8219 plus



FFP2 / 3
Occupational Masks
(Using Chemicals)



MEDICAL TEAMS ONLY

How to prevent communicable diseases

BASICS

- Proper and Frequent Hand Washing
- Use of Hand Sanitizers – 61% and up alcohol base every time you pass a station
- Cover up Coughing/Sneezing with you elbow
- Social Distancing no less than 2 meters
- Wearing masks when traveling or off the ship
- Stop working immediately if you are sick, return to your cabin and call nurse on duty
- Isolation protocol of infected crew and guests
- Wear appropriate Personal Protective Equipment (PPE):
 - Gloves (remember to change this in accordance to your workspace) e/g. Changing per cabin / Stateroom
 - Wearing Masks in workspace – Remember to wear your designated PPE in accordance to duties performed
 - Full isolation gear: Face mask, eye shield, hats, sanitation suits, supplied by your supervisor when dealing with any communicable diseases or cleaning.

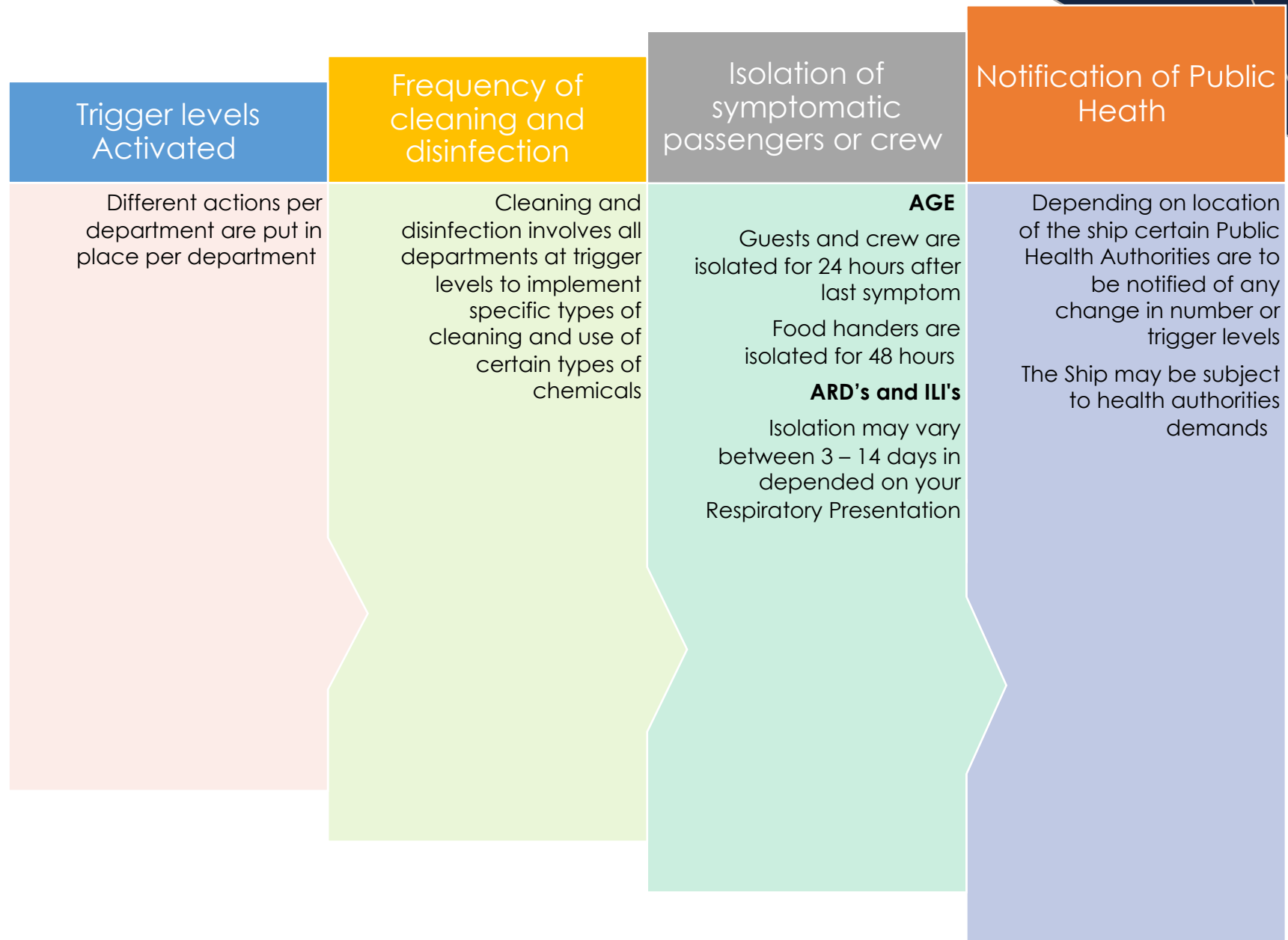


Washing your hands

How to DON and DOFF PPE



Outbreak Prevention and Response Plan



Medical Center



LOCATION

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WORKING HOURS

Morning: 09:00 – 10:00

Afternoon: 16:00 – 17:00



NURSE ON CALL NUMBER

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SLOW THE SPREAD OF COVID-19

cdc.gov/coronavirus



Wear a cloth face covering
in public spaces



Stay at least 6 feet
from other people



Frequently wash
your hands