

CORONA PRECAUTIONS

Due to the Coronavirus outbreak (2019-NCOV) we are recommending our crew to follow our precautions advice while travelling and working. The virus is now declared a Public Health Emergency of International Concern by the WHO. All updates and can be found on the website of WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>. Please continue to observe the guidance below.

If you have been in an infected area or country:

- If you have been to any of the affected countries within the last 3 weeks and have flu-like symptoms matching the Coronavirus, please wear a mask and consult a doctor, clinic or hospital as soon as possible. They will let you know if testing is necessary.
- If you had contact with someone who is infected or showing symptoms, consult a doctor, clinic or hospital as soon as possible and get yourself tested. In the meantime, stay at home.
- If you are infected or showing symptoms yourself, also consult a doctor, clinic or hospital as soon as possible to get yourself tested. In the meantime, stay at home.

If you are travelling or working:

- We are recommending that you travel with an N95 rated face mask or PPF2 mask.
- Please travel with antibacterial hand wash or gel nearby.
- Avoid large public gatherings with many people at the same place.
- Actively avoid contact with sick people.
- Always follow the recommendations of the local authorities.

General precautions:

- If you are coughing or sneezing, cover mouth and nose with flexed elbow or tissue. Discard the tissue immediately into a closed bin and clean your hands with antibacterial hand wash or gel.
- Wash your hands often with water and soap for a minimum of 20 seconds, and use an alcohol-based hand sanitiser regularly.
- If you have flu-like symptoms, don't hesitate and consult a doctor, clinic or hospital.
- Avoid animals (alive or dead) and animal markets.
- Be vaccinated against common flu (influenza).
- Do not eat raw meat or other raw unprocessed animal products.
- Maintain at least 1 meter distance between yourself and other people, particularly those who are coughing, sneezing and/or have fever.
- Maximize the use of Video Conferencing and other IT communication tools to minimize or eliminate business travel to or within countries where cases have been identified.

We request our crew members to inform us if you are coming from or flying via infected countries. Also please inform us in all honesty when you have symptoms matching the Coronavirus.

We wish you well.

With kind regards,
ORCA CREW SERVICES