

## **Information to Master of the Ship when crewmember has, or is suspected to have, Covid-19 (SARS-CoV 2).**

### **Covid-19 is subject to the Swedish Communicable Diseases Act.**

Therefore, the crewmember with suspected or proven covid-19 must follow Swedish rules for the period he/she is infectious while in Sweden. The Public Health Agency has removed most measures against Covid-19 from Wednesday, 9 February. Certain advice and recommendations will remain. This includes special advice for the unvaccinated and that everyone who has symptoms of Covid-19 should stay isolated and avoid contact with others.

### **For more information see**

<https://www.krisinformation.se/en/news/2022/februari/nyrestrictions-removed-on-9-february>

### **What is required to protect others from infection?**

The Swedish Communicable Diseases Act states that anyone who has an infectious disease must do what is necessary to protect others from infection.

- The crewmember should keep distance from the people he/she lives with by staying in a separate room during the period of contagiousness (see below), also during meals.
- He/she may spend time outdoors as long as he/she keeps distance from other people.
- It is important that the person with covid-19 maintain strict hand hygiene (washing hands often and thoroughly), cough and sneeze into his/her elbow or a handkerchief and not in the direction of other people.

### **Advice to Master of the Ship to avoid further spreading of the disease:**

- A pilote can enter the ship with personal protective equipment. If possible, keep infected crewmembers separated from the pilote.
  - The disease Covid-19 is highly contagious. Other crewmembers are probably already infected and may develop symptoms within days. Be aware of symptoms in other crewmembers and isolate quickly.
  - Mostly, Covid-19 is a rather mild disease, especially for previously healthy and vaccinated persons.
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- Unvaccinated individuals and those with underlying diseases may develop serious illness and are recommended to avoid crowding.
- If you plan to travel far from shore, make a risk evaluation concerning the possibility to quickly reach adequate health care.
- Avoid changing single crewmembers. Since all crewmembers already may be infected it is better to let the whole crew stay on till the incubation period has passed or to change the whole crew at the same time. Experience teaches that there may be a prolonged period of disease onboard if changing crews intermittently is practised.

## **General information about the disease Covid-19**

### **What is Covid-19?**

Covid-19 is a viral infection that usually causes mild symptoms such as a runny nose, sore throat, cough, and high temperature, but some people become more seriously ill with breathing problems and then need hospital care. Other symptoms that Covid-19 can cause are muscle aches, headaches, tiredness, an impaired sense of smell and/or taste, and stomach complaints leading to diarrhoea.

### **How is Covid-19 transmitted?**

Covid-19 is primarily transmitted through droplets from the airways being passed from one person to another. Small droplets are spread when an infected person sneezes, coughs, speaks or exhales. The infection can enter the body when you breathe in, or if your unclean hands touch your eyes or the inside of your nose or mouth. An infected person can infect others even before they develop any symptoms. The time from infection to illness (incubation period) varies between 2 and 14 days, but is usually 3 to 5 days

### **How long will the person be contagious?**

He/she is no longer contagious when at least 5 days have passed since noticing the first symptoms if health has generally improved and he/she has been fever-free for 2 days. Symptoms such as coughing and an impaired sense of smell and/or taste can be prolonged, but do not indicate contagiousness.

If testing was made while the subject had no symptoms, the 5 days are counted from the date of the test. If you develop symptoms after being tested, see above.

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