

AT WORK OR AT HOME, A MARINER'S HEALTH IS ESSENTIAL!

Your safety is always our top priority, but keeping you in good health is even more important during the Coronavirus Disease 2019 (COVID-19) pandemic currently challenging our everyday way of life. As one of the 38,000 mariners that make up the U.S. tugboat, towboat and barge industry, you are an essential critical infrastructure worker. Preventing your exposure to the virus is key to ensuring the maritime supply chain continues to deliver vital commodities for our families, the American people, and the national economy through these tough times.

Your employer has instituted safety and health policies and procedures to mitigate COVID-19 risks in the workplace – whether shoreside or on the vessel. When you are off duty and at home, you should continue to be attentive to COVID-19 exposure prevention and take common-sense steps to protect yourself and your family, as well as your coworkers when you return to work. COVID-19 is being spread in every state, so no matter where you live, you must take precautions.

WHAT SHOULD YOU DO WHEN YOU ARE OFF THE CLOCK?

- **Wash your hands!** Wash your hands at least 20 seconds at a time, with soap and water, especially after you have visited a public place, or after coughing or blowing your nose. If soap and water are not available, hand sanitizer that contains at least 60% alcohol may be substituted. You should spread the sanitizer across all surfaces of your hands and rub them together until they feel dry. Precautions should be taken against touching your eyes, nose and mouth with unwashed hands, even if you have used sanitizer.
- **Social distance!** Social distancing means staying home as much as possible, keeping at least six feet apart from individuals you do not live with if you must be out in public, avoiding public gatherings of more than 10 people, and avoiding any close contact with people who may be sick. Distancing from others is especially important for older adults and people of any age who have serious underlying medical conditions that might be at higher risk for severe illness if they contract COVID-19. Remember, COVID-19 can be spread by people who are carrying the virus but not showing symptoms or feeling sick.
- **Shop with care!** You should only leave your home for essential activities like purchasing necessities such as groceries and prescriptions. While you're out, wipe handles on shopping carts



- or baskets, and when you get back, disinfect packaged foods and wash produce before putting them away. If possible, try to send only one member of your household shopping.
- **Use a mask!** Cover your mouth and nose with a cloth face mask when you must go out in public. The mask is not a substitute for social distancing. It is meant to protect others in case you are unknowingly infected.
- **Cover your coughs and sneezes!** Even at home, always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow if no tissue is available. Dispose of used tissues and immediately wash or sanitize your hands.
- **Clean and disinfect!** Clean frequently touched surfaces such as doorknobs, light switches, keys, phones, tables, countertops, handles, desks, keyboards, remotes, and faucets daily using EPA-approved disinfectants.
- **Avoid discretionary travel!** If you do travel to an area where COVID-19 is widespread, let your employer know.
- **If you feel sick, or someone in your household becomes sick, let your employer know prior to returning to work.**

Visit www.CDC.gov/coronavirus for more information about COVID-19 or contact your state or local public health department.