

# CORONA VIRUS



## AND FLU PREVENTION BEST PRACTICES

## **VIRUS AND FLU PREVENTION**

1. All persons showing up to work will have their temperature taken
2. All persons showing up will be interviewed to find if people in their homes are sick
3. Anyone showing any symptoms of flu like illness will be sent to Dr. Padgett for check up
4. Each boat will receive 2 gallons of OdoBan gallons of disinfectant at each crew change, to wipe the vessel walls
5. At each crew change each bunk room will be wiped down before the new crew is berthed- anyone who is living in that bunk will remove clothing and sheets will be changed to allow for disinfecting. Clothing and sheets will be washed frequently.
6. Bunk rooms will be sprayed down with OdoBan or Lysol
7. The dash in the wheelhouse will be wiped down at each watch change with Clorox Wipes or Paper Towels and Clorox water.(1 oz/gallon)
8. Keep a hand sanitizer pump in the wheelhouse for frequent use
9. EACH TIME YOU PASS THROUGH THE GALLEY YOU WILL WASH YOUR HANDS AND USE HAND SANITIZER BEFORE TOUCHING ANYTHING THAT HAS TO DO WITH FOOD OR COOKING!
10. Use blue gloves when prepping and cooking food\
11. Each boat will get an inferred thermometer and each day the entire crew should have their temperature taken. Any abnormal temperature will be reported to DMS office.
12. Each boat should keep a supply of Blue Gloves to wear when preparing food and wiping down bunk rooms and walls.

### **What is a Virus**

Viruses are microscopic organisms that exist almost everywhere on earth. They can infect animals, plants, fungi, and even bacteria.

There is NO CURE for a virus, but a vaccination can prevent them from spreading.

As the virus replicates in the body, it starts to affect the host. After a period known as the incubation period, symptoms may start to show.

NOTE: There is no vaccine for Corona Virus as of March, 2020, but is expected there will be a vaccine by the fall of 2020. It is thought

## **How does a Virus Spread?**

They can spread through:

- touch
- exchanges of saliva, coughing, or sneezing
- sexual contact
- contaminated food or water
- insects that carry them from one person to another

Some viruses can live on an object for some time, so if a person touches an item with the virus on their hands, the next person can pick up that virus by touching the same object.

A Virus does not normally spread by simply breathing the same air as someone who is infected. It is normally spread due to contact with large water droplets, which contain the virus, which are emitted when a person who is infected coughs or sneezes, or if that person rubs their nose, eyes, or mouth and then touches a surface such as a door knob.

Just as there are friendly bacteria that exist in our intestines and help us digest food, humans may also carry friendly viruses that help protect against dangerous bacteria, including *Escherichia coli* (*E. coli*).

## What are some commonly known viruses that cause problems for us?

These include:

- smallpox
- the common cold and different types of flu
- measles, mumps, rubella, chicken pox, and shingles
- hepatitis
- herpes and cold sores
- polio
- rabies
- Ebola and Hanta fever
- HIV, the virus that causes AIDS
- Severe acute respiratory syndrome (SARS)
- dengue fever, Zika, and Epstein-Barr

The most recent outbreak of a virus that would be a possible epidemic is the Corona Virus. Those who are dying are not actually dying from the Corona Virus, but it will normally cause Pneumonia to develop in your lungs and that is what is killing people. It also affects those with medical conditions, lung problems, or other immune deficiencies the worse. A healthy person who has access to medicine and medical facilities will normally go through a case of Corona Virus as if they had the flu.

Note: This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! BUT all the surfaces where these droplets land are infectious for about a week on average - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon. This virus only has cell receptors for lung cells (it only infects your lungs) The only way for the virus to infect you is through your nose or

mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

While not technically a flu virus, it is very similar in how it affects a person and how it is spread, and the best way to handle this is to treat it the same way you would treat the flu.

## HOW DO WE SPREAD IT?

Studies show we touch our face, primarily our eyes, nose, and mouth  
More than 20 times an hour- each time we may pick up fluids containing  
A Virus



Each time we sneeze or cough we produce hundreds of droplets of water, each one possibly containing a virus that can be spread to others



When we cough or sneeze, try to use a napkin or handkerchief rather than doing so in our hand. Those viruses will be transmitted to our hands and then to items which we touch with our hands. Frequent hand washing is very helpful

## **BEST Practices**

- 1) NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc. ( I say just eliminate this practice all together)
- 2) Use ONLY your knuckle to touch light switches. elevator buttons, etc.. Lift the gasoline dispenser with a paper towel or use a disposable glove.
- 3) Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.( I say use wipes or sanitizer after doing this)
- 4) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
- 5) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
- 6) Keep a bottle of sanitizer available at each of your home's entrances, work space, AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.
- 7) If possible, cough or sneeze into a disposable tissue and discard.
- 8) Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

## **Items that would be good to keep in stock:**

- 1) Latex or nitrile latex disposable gloves for use when cleaning or handling food. All other outside activity when you come in contact with contaminated areas, even using the gas pump or pushing a grocery cart.
- 2) Disposable surgical masks are good only for the person who is infected to prevent from touching your nose and/or mouth (We touch our nose/mouth 90X/day without knowing it!). This is the only way this virus can infect you - it is lung-specific. The mask on the infected person will only reduce the chance they will transmit a virus when they sneeze or cough.
- 3) Stock up now with hand sanitizers and latex/nitrile gloves (get the appropriate sizes for your family). The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.
- 4) Throat lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in

the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand available, but there are other brands available.

5) Clorox Wipes are good for cleaning surfaces on which there is a possibility that droplets containing the virus have landed, and hand sanitizers containing over 50% alcohol will be good to keep your hands clean after contacting infected surfaces



6) Good old Clorox mixed with water works to sanitize anything if other things are not available. A dish rag dipped in a mixture of 1 oz Clorox to 1 gallon of water will do the same thing as Clorox wipes, and the water will work just as well as hand sanitizer.

How to use the thermometer-

For the Infrared non contact thermometer, simply point the thermometer at the forehead and pull the trigger and it will give a readout of temperature.

**DO NOT MAKE CONTACT WITH THE SKIN**

**WIPE THE TERMOMETER OFF WITH A DISENFECTANT WIPE OR CLOTH AFTER EACH USE.**

Normal temperature is about 98.6 degrees, but can range from about 97 degrees to 99 degrees, depending on the individual. Let everyone check their temperature to establish what is normal. If anyone has a temperature over 99.5, that person should be considered ill, and reported to the DMS office.

SOME COMMON TRANSFER SPOTS That need continual wiping and cleaning

Door Knobs



Sink and Faucet



Toilet Seat and Flush Handle



Refrigerator and Freezer





Kitchen Sink



Coffee Maker



Micro Wave



Sugar and Cream Container



Plates and Bowls



Microphones and Walkie Talkies



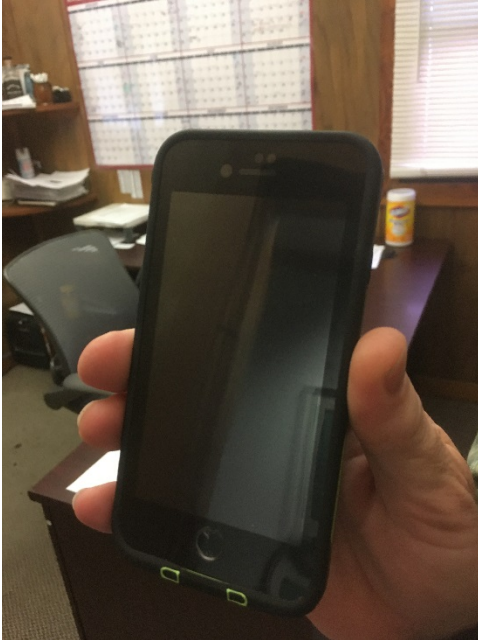
Car Doors



Steering Wheels



## Cell Phones



## Key Boards and Mouse



## Pens and Pencils



Wash your clothing, bed linen, pillow cases on a more frequent basis, and wipe the walls of your bunk room each week or when a person moves in and out.

Wipe counter spaces, door knobs, wheelhouse dash, and other items that are used by more than one person, frequently.

Don't share cell phones

If You Sneeze on something-wipe it off!

