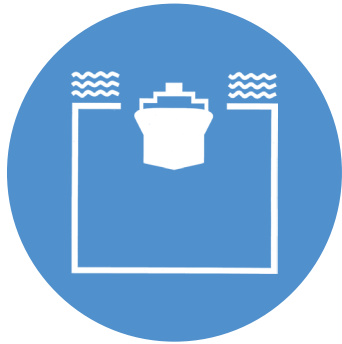


TRAVEL TO AND FROM EBOLA-AFFECTED COUNTRIES IS LOW-RISK

HERE IS WHAT YOU NEED TO KNOW



WHEN ON BOARD

If you develop a fever and Ebola symptoms yourself promptly inform ship's master or medical officer.

fever, weakness, muscle pain, headache, and sore throat; followed by vomiting, diarrhoea, bleeding.

Alert master or medical officer about a seafarer, passenger or other person who has Ebola symptoms:



ON SHIPS OR IN PORTS/ TERMINALS

Avoid direct physical contact with anyone who is displaying the symptoms of Ebola.

DO NOT touch the body of a person who has died from Ebola.



Use alcohol rub throughout the day. When hands are visibly dirty use soap and water.

Seek prompt medical attention if you have Ebola symptoms.

