



“Tightened hygiene requirements” means:

- Use your own toilet if possible
- After using public toilets the seat should be washed with spirits – “Chlorhexidin/ethanol 0.5%/85% (no. 11.1. in the control document)
- Use disposable towels after washing your hands
- Shower every day
- Change towel and flannel every day
- Wash your hands often, clean and cut your nails if necessary
- Change your clothes every day

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To the officer in charge of medical treatment in case of accumulated occurrences of diarrhoea on board

Diarrhoea

The definition of diarrhoea is: the passing of increased amounts of loose or watery stools for more than 24 hours.

Diarrhoea may be a secondary symptom of another disease, but it is often a symptom of an infection in the gastrointestinal tract caused by viruses, bacteria or parasites. Few bacteria may, in rare instances, be enough to cause an infection even at small quantities; i.e. the infection may be transmitted from person to person when using for instance the same doorknob.

However, with regards to the majority of bacteria, viruses and parasites they are only infectious when in large quantities, so generally, the risk of person-to-person infection is minimal. In most cases, the gastrointestinal infections are caused by food or water contaminated with bacteria, viruses or parasites.

Therefore, in order to prevent spreading of diseases, food safety must be in focus. If you experience accumulated cases of diarrhoea onboard, you should take the measures described on the following page. "Accumulated" mean more than 4 persons within 48 hours.

Please do not hesitate to contact Radio Medical or the Centre of Maritime Health Service if you have questions.

Measures to be taken by the officer in charge of medical treatment

- Ensure that the kitchen hygiene is in order.
- Ensure that the cook does not prepare food if he or she has diarrhoea. The cook must not resume work until his or her stools are normal.
- Write down the time when the diarrhoea began and what the person has been eating within the last 12 hours, and when.
- Treat sick persons according to the instruction in the medicine manual, i.e. register the number of occurrences of diarrhoea, replace the fluid and salt loss and stop the diarrhoea, if possible.
- If contamination of food or water can be ruled out, infection from person to person has to be considered. Radio Medical must be informed about this.
- In case the diarrhoea was transmitted from one person to another, the hygiene requirements should be tightened if prescribed by Radio Medical.
- If requirements for hygiene are tightened, the crew must be informed, e.g. by a poster(see the next page). The tightened hygiene requirements must be maintained until otherwise agreed on with Radio Medical.