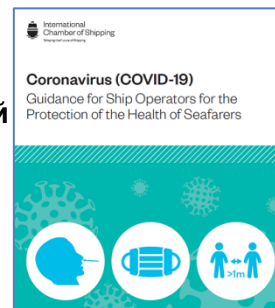


**ИНФОРМАЦИОННЫЙ БЮЛЛЕТЕНЬ № ИБ 2020-076 от 06.10.2020**  
**Новые правила по снижению рисков заражения COVID-19**

Куда: Ваша судоходная компания

Кому: Руководителю и специалистам Вашей судоходной компании

**Тема: Новое руководство по предупреждению заражений COVID-19**  
**New ICS Guide against COVID-19**



**Уважаемый клиент компании ИБИКОН!**

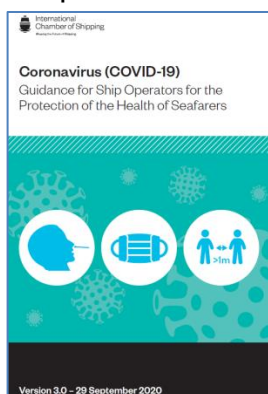
Компания ИБИКОН предлагает Вашему вниманию информацию по профилактическим мерам, предупреждающим заражение коронавирусом на судах.

Международная палата судоходства (International Chamber of Shipping - ICS) опубликовала новую (3-ю) версию Руководства по предупреждению заражений COVID-19 на борту судна.

Данная версия Руководства включает в себя все последние изменения и имеющийся опыт по борьбе с коронавирусной инфекцией. В приложениях к Руководству представлены плакаты, формы и информационные таблицы, включая:

1. Плакаты для судового персонала;
2. Блок-схема, помогающая определить процесс, которому следует следовать при управлении большим числом подозрительных случаев на судах;
3. Матрица процедур ПЦР-тестирования (PCR Testing Procedures Matrix) позволяет определить, что делать и когда до посадки на борт, а также если на судах будет выявлен подозрительный случай;
4. Инструкции по самостоятельному изготовлению масок.

В приложении к данному ИБ Вашему вниманию предлагаются судовые плакаты по предупреждению заражений COVID-19.



Также предлагаем Вам судовые плакаты по предупреждению заражений коронавирусом, разработанные нашей компанией в двуязычном исполнении.



Дополнительную информацию Вы можете получить, посетив наш сайт [www.IBIcon.ru](http://www.IBIcon.ru) или направив Ваше письмо на наш электронный адрес [info@ibicon.ru](mailto:info@ibicon.ru) или связаться с нашим специалистом по телефону: +7 (812) 716 88 56, +7 (812) 716 31 36 или скайпу: [IbiconSpb](https://www.skype.com/name/ibiconSpb)

ИНФОРМАЦИОННЫЙ БЮЛЛЕТЕНЬ № ИБ 2020-076 от 06.10.2020  
Новые правила по снижению рисков заражения COVID-19

Защита от заражения COVID-19

**COVID-19**

**A1**

# Protect yourself and others from getting sick

When coughing and sneezing, cover your nose and mouth with a tissue or a flexed elbow



Throw the tissue into a closed bin immediately after use



Clean your hands with an alcohol-based hand rub or with soap and water for at least 20 seconds:

- After coughing or sneezing
- When caring for the sick
- Before, during and after preparing food
- Before eating
- After toilet use
- When hands are visibly dirty



Avoid touching eyes, nose and mouth



Дополнительную информацию Вы можете получить, посетив наш сайт [www.IBIcon.ru](http://www.IBIcon.ru) или направив Ваше письмо на наш электронный адрес [info@ibicon.ru](mailto:info@ibicon.ru) или связаться с нашим специалистом по телефону: +7 (812) 716 88 56, +7 (812) 716 31 36 или скайпу: [IbiconSpb](https://www.skype.com/name/ibiconSpb)

ИНФОРМАЦИОННЫЙ БЮЛЛЕТЕНЬ № ИБ 2020-076 от 06.10.2020  
Новые правила по снижению рисков заражения COVID-19

Безопасная практика продуктов питания

COVID-19

A2

## Practise food safety

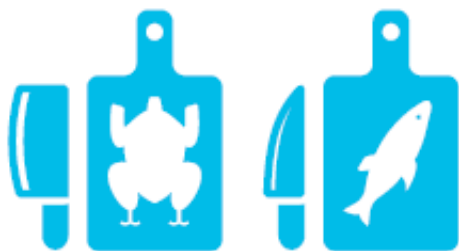
Meat products can be safely consumed if they are cooked thoroughly and properly handled during food preparation



Do not eat sick or diseased animals



Use different chopping boards and knives for raw meat and cooked foods



Wash your hands with soap and hot water for at least 20 seconds between handling raw and cooked food



Дополнительную информацию Вы можете получить, посетив наш сайт [www.IBIcon.ru](http://www.IBIcon.ru) или направив Ваше письмо на наш электронный адрес [info@ibicon.ru](mailto:info@ibicon.ru) или связаться с нашим специалистом по телефону: +7 (812) 716 88 56, +7 (812) 716 31 36 или скайпу: [IbiconSpb](https://www.skype.com/name/ibiconSpb)

ИНФОРМАЦИОННЫЙ БЮЛЛЕТЕНЬ № ИБ 2020-076 от 06.10.2020  
 Новые правила по снижению рисков заражения COVID-19

Безопасность при командировках

# COVID-19

A3

## Stay healthy while travelling

Avoid these modes of travel if you have a fever or a cough



Eat only well-cooked food



Avoid spitting in public



Avoid close contact and travel with sick animals, particularly in wet markets



When coughing and sneezing, cover your mouth and nose with a tissue or flexed elbow. Throw the tissue into a closed bin immediately after use and clean your hands



Frequently clean your hands with an alcohol-based hand rub or with soap and water for at least 20 seconds



Avoid touching eyes, nose and mouth



Avoid close contact with people suffering from a fever or a cough



If wearing a face mask, be sure it covers your mouth and nose and do not touch it once on. Immediately discard single-use masks after each use and clean your hands after removing masks



If you become sick while travelling, tell crew or ground staff



Seek medical care early if you become sick, and share your history with your health provider



Дополнительную информацию Вы можете получить, посетив наш сайт [www.IBIcon.ru](http://www.IBIcon.ru) или направив Ваше письмо на наш электронный адрес [info@ibicon.ru](mailto:info@ibicon.ru) или связаться с нашим специалистом по телефону: +7 (812) 716 88 56, +7 (812) 716 31 36 или скайпу: [IbiconSpb](https://www.skype.com/name/ibiconSpb)

ИНФОРМАЦИОННЫЙ БЮЛЛЕТЕНЬ № ИБ 2020-076 от 06.10.2020  
Новые правила по снижению рисков заражения COVID-19

Принципы личной безопасности

**COVID-19**

**A4**

Be **INFORMED**

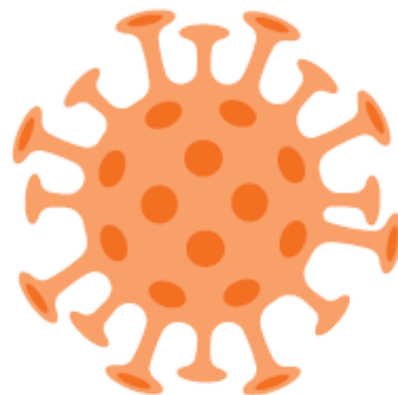
Be **PREPARED**

Be **SMART**

Be **SAFE**

Be **READY**

**#COVID19**



For more information, go to  
[ics-shipping.org/covid19](https://ics-shipping.org/covid19)

Дополнительную информацию Вы можете получить, посетив наш сайт [www.IBIcon.ru](http://www.IBIcon.ru) или направив Ваше письмо на наш электронный адрес [info@ibicon.ru](mailto:info@ibicon.ru) или связаться с нашим специалистом по телефону: +7 (812) 716 88 56, +7 (812) 716 31 36 или скайпу: [IbiconSpb](https://www.skype.com/name/ibiconSpb)

ИНФОРМАЦИОННЫЙ БЮЛЛЕТЕНЬ № ИБ 2020-076 от 06.10.2020  
Новые правила по снижению рисков заражения COVID-19

Социальное общение

**COVID-19**

**A5**

## How to safely greet others

**Avoid physical contact.**

Safe greetings include  
a wave, a nod  
or a bow



For more information, go to  
[ics-shipping.org/covid19](http://ics-shipping.org/covid19)

Дополнительную информацию Вы можете получить, посетив наш сайт [www.IBIcon.ru](http://www.IBIcon.ru) или направив Ваше письмо на наш электронный адрес [info@ibicon.ru](mailto:info@ibicon.ru) или связаться с нашим специалистом по телефону: +7 (812) 716 88 56, +7 (812) 716 31 36 или скайпу: [IbiconSpb](https://www.skype.com/name/ibiconSpb)

ИНФОРМАЦИОННЫЙ БЮЛЛЕТЕНЬ № ИБ 2020-076 от 06.10.2020  
Новые правила по снижению рисков заражения COVID-19

Обращение с пациентами на борту судна

## COVID-19

A6

# Shipboard care for people with suspected or confirmed COVID-19

### For ill crew members

Clean hands frequently with soap and water or with alcohol-based hand rub.



Stay in your cabin and do not attend work. Rest, drink plenty of fluids and eat healthy food.



Stay in a separate cabin from other people. If this is not possible, wear a mask and keep a distance of at least 1m away. Keep the cabin well-ventilated and if possible use a dedicated bathroom.



When coughing or sneezing, cover your mouth and nose with flexed elbow or use disposable tissue and discard after use. If you experience difficulty breathing, contact radio medical.



### For caregivers

Clean hands frequently with soap and water or with alcohol-based hand rub.



Wear a medical mask when in the same cabin with an ill person. Do not touch your face during use and discard it afterward.



Use dedicated dishes, cups, eating utensils, towels and bed linen for the ill person. Wash everything used by the ill person with soap and water.



Identify surfaces frequently touched by the ill person and clean and disinfect them daily.



Contact radio medical immediately if the ill person worsens or experiences difficulty breathing.



### For all crew members

Clean hands frequently with soap and water or with alcohol-based hand rub.



Avoid unnecessary exposure to the ill crew member and avoid sharing items, such as eating utensils, dishes, drinks and towels.



When coughing or sneezing, cover your mouth and nose with flexed elbow or use disposable tissue and discard after use.



Monitor everyone's health for symptoms such as fever or a cough. If anyone has difficulty breathing, contact radio medical immediately.



Дополнительную информацию Вы можете получить, посетив наш сайт [www.IBIcon.ru](http://www.IBIcon.ru) или направив Ваше письмо на наш электронный адрес [info@ibicon.ru](mailto:info@ibicon.ru) или связаться с нашим специалистом по телефону: +7 (812) 716 88 56, +7 (812) 716 31 36 или скайпу: [IbiconSpb](https://www.skype.com/name/ibiconSpb)

ИНФОРМАЦИОННЫЙ БЮЛЛЕТЕНЬ № ИБ 2020-076 от 06.10.2020  
Новые правила по снижению рисков заражения COVID-19

Меры защиты на борту судна

**COVID-19**

**A7**

**Protecting everyone during ship visits**

COVID-19 is spread through small droplets from the nose or mouth of an infected person which may be inhaled or land on objects and surfaces other people touch, after which they then touch their eyes, nose or mouth.

**Protect through social distancing and good hygiene**

Keep a minimum of 1-2 metres distance.

No handshakes or physical contact.

Wash hands frequently and thoroughly, keeping contact surfaces clean, and touch your face less.



**Prepare for visitors**

Wipe down areas and objects visitors are likely to touch with an anti-bacterial solution.

Restrict access into the ship's accommodation – keeps doors locked and post 'no entry' signs.

Provide alcohol hand gel ready for use upon entry onto the ship and around the ship.

Have designated toilet and handwashing facilities for visitors, which are well-stocked with soap.

Try to prepare and complete documents digitally – avoid handling paper and laminated documents.

Have PPE, such as disposable gloves, ready to use in unavoidable close contact situations.



**Keep your guard up**

Maintain effective ship and gangway security and prevent unauthorised personnel boarding the ship.

If someone trying to board the ship exhibits symptoms – refuse access and report it.

Continue to sanitise contact areas throughout the ship's stay in port.



**Take it outside**

Where possible, hold conversations and meetings with visitors on the open deck or open bridge wings.

If visitors must be inside, limit the number of crew nearby to the absolute minimum.



Дополнительную информацию Вы можете получить, посетив наш сайт [www.IBIcon.ru](http://www.IBIcon.ru) или направив Ваше письмо на наш электронный адрес [info@ibicon.ru](mailto:info@ibicon.ru) или связаться с нашим специалистом по телефону: +7 (812) 716 88 56, +7 (812) 716 31 36 или скайпу: [IbiconSpb](https://www.skype.com/name/ibiconSpb)



ИНФОРМАЦИОННЫЙ БЮЛЛЕТЕНЬ № ИБ 2020-076 от 06.10.2020  
Новые правила по снижению рисков заражения COVID-19

Безопасность при совершении покупок

COVID-19

A8

## Care when shopping

### Coins & Banknotes

There is no proof that COVID-19 can be transmitted through coins or banknotes. However, respiratory droplets expelled from an infected person can contaminate surfaces.

Wash your hands regularly and thoroughly after touching any frequently-touched surface or object, including coins or banknotes.

Do not touch your eyes, mouth and nose when hands are not clean.



### Groceries

When grocery shopping, keep at least 1m from others and avoid touching eyes, mouth and nose.

If possible, sanitise the handles of shopping trolleys or baskets before shopping.

When you return, or receive delivery of new groceries, wash your hands thoroughly and again after handling and storing your products.

There is currently no confirmed case of COVID-19 transmitted through food or food packaging.



### Fruit & Vegetables

Before handling them, wash your hands with soap and water.

Then wash the fruit and vegetables thoroughly with clean water, especially if you eat them raw.



Дополнительную информацию Вы можете получить, посетив наш сайт [www.IBIcon.ru](http://www.IBIcon.ru) или направив Ваше письмо на наш электронный адрес [info@ibicon.ru](mailto:info@ibicon.ru) или связаться с нашим специалистом по телефону: +7 (812) 716 88 56, +7 (812) 716 31 36 или скайпу: [IbiconSpb](https://www.skype.com/name/ibiconSpb)

ИНФОРМАЦИОННЫЙ БЮЛЛЕТЕНЬ № ИБ 2020-076 от 06.10.2020  
Новые правила по снижению рисков заражения COVID-19

Требования к стирке

COVID-19

A9

## How to deal with laundry

### How to wash and dry clothes, towels and bed linen if a crew member is a suspected COVID-19 patient

Wash the patient's clothes, towels and bed linen separately.

If possible, wear heavy-duty gloves before handling them.

Never carry soiled linen near your body; place soiled linen in a clearly labelled, leak-proof container (e.g. bag, bucket).

Scrape off solid excrement (e.g. faeces or vomit) with a flat, firm object and place it in the patient's toilet before putting linen in the designated container. Place the excrement in a covered bucket to dispose of in a toilet if this is not in the patient's cabin.

Wash and disinfect linen: machine wash at 60–90°C with laundry detergent. Alternatively, soak linen in hot water and soap in a large drum, using a stick to stir, avoid splashing. If hot water is not available, soak linen in 0.05% chlorine for approximately 30 minutes. Rinse with clean water and let linen dry in sunlight.

Do not forget to wash hands at the end of the process.



### Do I need to use a washing machine and drier to wash and dry clothes, towels and bed linen if no one in the crew is a suspected COVID-19 patient?

No need to use a washing machine or drier, nor extremely hot water.

Do laundry as normal using detergent or soap.

Once dry, clean your hands before handling and storing clothes, towels and bed linen.










Дополнительную информацию Вы можете получить, посетив наш сайт [www.IBIcon.ru](http://www.IBIcon.ru) или направив Ваше письмо на наш электронный адрес [info@ibicon.ru](mailto:info@ibicon.ru) или связаться с нашим специалистом по телефону: +7 (812) 716 88 56, +7 (812) 716 31 36 или скайпу: [IbiconSpb](https://www.skype.com/ru/contacts/ibiconSpb)

ИНФОРМАЦИОННЫЙ БЮЛЛЕТЕНЬ № ИБ 2020-076 от 06.10.2020  
Новые правила по снижению рисков заражения COVID-19

Как справиться со стрессом

**COVID-19** **A10**

# Coping with stress during COVID-19

Feeling sad, stressed, confused, scared or angry during a crisis is normal. Talking to people you trust can help. Talk to your colleagues and contact friends and family.	
When on board, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with other crew members and by email, social media and phone for family and friends.	
Don't use smoking, alcohol or other drugs to manage emotions. When overwhelmed, talk to a colleague or contact SeafarerHelp. Have a plan, where to go to and how to seek help for physical and mental health needs if required.	
Get the facts. Gather information to accurately determine risks and take reasonable precautions. Use a trusted credible source such as WHO or government agency website.	
Reduce time spent watching, reading or listening to upsetting media coverage to limit worry and agitation.	
Draw on past skills which helped you manage previous difficult situations to help handle your emotions at this time.	
Contact <b>SeafarerHelp</b> , the free, confidential, multilingual 24 hour helpline for seafarers and their families, open 365 days a year for advice if necessary. Dial +44 20 7323 2737 or email <a href="mailto:help@seafarerhelp.org">help@seafarerhelp.org</a>	

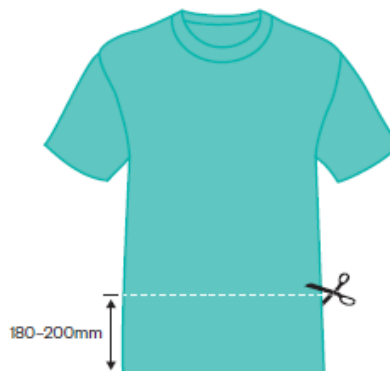
Дополнительную информацию Вы можете получить, посетив наш сайт [www.IBIcon.ru](http://www.IBIcon.ru) или направив Ваше письмо на наш электронный адрес [info@ibicon.ru](mailto:info@ibicon.ru) или связаться с нашим специалистом по телефону: +7 (812) 716 88 56, +7 (812) 716 31 36 или скайпу: [IbiconSpb](https://www.skype.com/name/ibiconSpb)

ИНФОРМАЦИОННЫЙ БЮЛЛЕТЕНЬ № ИБ 2020-076 от 06.10.2020  
Новые правила по снижению рисков заражения COVID-19

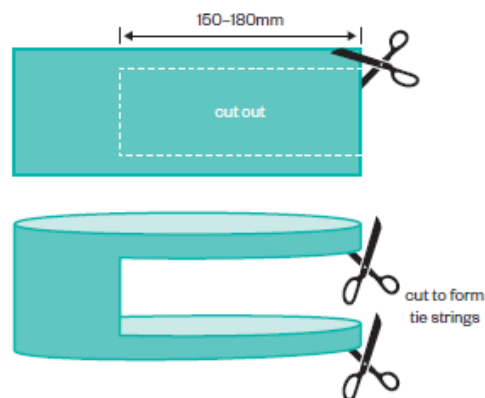
Инструкция по изготовлению маски из ткани футболки

Instructions

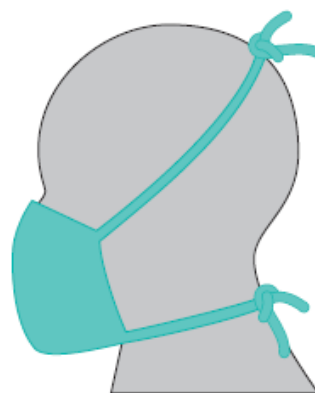
1. Cut the bottom off a T-shirt, measuring 180mm x 200mm.



2. Cut out a 150mm x 180mm fabric rectangle. Horizontally out from a shorter side, ensuring equal space between the cut and long ends of the fabric to leave a C-shape. Cut tie strings from the narrow parts of the C-shape by cutting vertically on T-shirt crease to produce 2 sets of tie strings.



3. Tie 1 set of strings around your neck, and the other set over the top of your head. The strings that attach over the top of your head will run along the cheeks and above the ears.



Дополнительную информацию Вы можете получить, посетив наш сайт [www.IBIcon.ru](http://www.IBIcon.ru) или направив Ваше письмо на наш электронный адрес [info@ibicon.ru](mailto:info@ibicon.ru) или связаться с нашим специалистом по телефону: +7 (812) 716 88 56, +7 (812) 716 31 36 или скайпу: [IbiconSpb](https://www.skype.com/ru/contacts/ibiconSpb)