Preparing You and Your Vessel Against COVID-19
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April 22, 2020
ONLY YOU
CAN PREVENT COVID-19
STAY HOME • SOCIALLY DISTANCE • SAVE A LIFE
Vessel procedures and flowchart

• Our website: https://discoveryhealthmd.com/coronavirus-corner/
• Our World in Data: https://ourworldindata.org/coronavirus
• AMSEA handouts for your vessel: https://www.amsea.org/post/covid-19-catcher-tender-vessel-procedures
DRAFT COVID-19 Draft  
Catcher/Tender Vessel Procedures

Download Discovery Health MD’s DRAFT COVID-19 guidelines for catcher/tender vessels to prepare internal procedures for COVID-19 response.

These are DRAFT guidelines developed in conjunction with industry stakeholders in order to assist companies in developing their own internal procedures.

It is not intended as a standard of care or as an industry standard.
What is going on?

Essential workers trying to process the 35th policy change in the last 3 weeks
Agenda

• Overview and current situation
• Ann’s “5-step plan to getting ready”
• Interacting with shore personnel and other vessels
• What to do if someone gets sick
• Testing
• The “Ask”
COVID-19 Deaths in the US
## Death by Age Group

**Coronavirus: case fatality rates by age**

Case fatality rate (CFR) is calculated by dividing the total number of confirmed deaths due to COVID-19 by the number of confirmed cases. Two of the main limitations to keep in mind when interpreting the CFR:

1. Many cases within the population are unconfirmed due to a lack of testing.
2. Some individuals who are infected will eventually die of the disease, but are still alive at the time of recording.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>South Korea</th>
<th>Spain</th>
<th>China</th>
<th>Italy</th>
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<tbody>
<tr>
<td>0-9 years</td>
<td>0%</td>
<td>0%</td>
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<tr>
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</tr>
<tr>
<td>20-29 years</td>
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<td>0%</td>
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<tr>
<td>30-39 years</td>
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<td>0%</td>
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<td>50-59 years</td>
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<td>0%</td>
<td>0.4%</td>
<td>1%</td>
</tr>
<tr>
<td>60-69 years</td>
<td>1.9%</td>
<td>3.6%</td>
<td>5.5%</td>
<td>1%</td>
</tr>
<tr>
<td>70-79 years</td>
<td>4.1%</td>
<td>6.3%</td>
<td>12.8%</td>
<td>14.6%</td>
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<tr>
<td>80+ years</td>
<td>13%</td>
<td>20.2%</td>
<td>15.6%</td>
<td>20.2%</td>
</tr>
</tbody>
</table>

Note: Case fatality rates are based on confirmed cases and deaths from COVID-19 as of 17th February (China), 24th March (Spain), 24th March (South Korea), 17th March (Italy).

Data sources:
- Chinese Center for Disease Control and Prevention (CDC)
- Spanish Ministry of Health
- Korea Centers for Disease Control and Prevention (KCDC)
- Order G, Rezza G, Brusaferro S. Case Fatality Rate and Characteristics of Patients Dying in Relation to COVID-19 in Italy. JAMA.

OurWorldInData.org - Research and data to make progress against the world's largest problems.
Other Medical Conditions

Coronavirus: early-stage case fatality rates by underlying health condition in China

Case fatality rate (CFR) is calculated by dividing the total number of deaths from a disease by the number of confirmed cases. Data is based on early-stage analysis of the COVID-19 outbreak in China in the period up to February 11, 2020.

- Cardiovascular disease: 10.5%
- Diabetes: 7.3%
- Chronic respiratory disease: 6.3%
- Hypertension: 6%
- Cancer: 5.6%
- No health condition: 0.9%

10.5% of people with a cardiovascular disease who were diagnosed with COVID-19 died.

Individuals with underlying health conditions are more vulnerable than those without.

Preparation

• Preparing yourself
  • Quarantine
  • Social distancing
  • Masking
  • Hygiene

• Preparing your vessel
Step 1: Quarantine
Quarantine

Signal flag "Lima" called the "Yellow Jack" which when flown in harbor means the ship is under quarantine.
How to self-quarantine for 14 days

- Stay home
- Separate bedroom and bathroom
- Wear a mask
- Stay away from pets (no proof of transmission)
- Do not share personal items
- Wash your hands and don’t touch your face
- Clean and disinfect surfaces frequently
Monitor your symptoms

- Take temperature twice daily, oral thermometer preferred
- Check for symptoms twice daily
  - Feeling feverish
  - Cough
  - Shortness of breath
  - Loss of taste or smell
  - Muscle aches
  - Persistent headache
  - Gastrointestinal symptoms
  - Rash
- Document these and keep the log with you
- If you get sick during the 14-day quarantine – DON’T TRAVEL
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Step 2: Social Distance and Mask
Social Distancing

A Guide to Social Distancing
6 feet of distance in Southwest Louisiana

18 CRAWFISH

9 BLUE CRABS

10 LINKS OF BOUDIN

1 ALLIGATOR

STAY WICKED FAH APART

6 FEET
How to social distance and mask successfully

Scientists who study the transmission of respiratory illnesses like influenza say that infections typically happen when a healthy person comes into contact with respiratory droplets from an infected person's cough, sneeze or breath.
This simulation, created using research data from the Kyoto Institute of Technology, offers one view of what can happen when someone coughs indoors. A cough produces respiratory droplets of varying sizes. Larger droplets fall to the floor, or break up into smaller droplets.
The heaviest coughs release about a quarter-teaspoon of fluid, with droplets dispersing quickly throughout the room. The simulation shows their spread over a minute, inside a room of about 600 square feet. Under other conditions, the particles could behave differently.
The C.D.C. says keeping at least six feet away from others can help you avoid contact with these respiratory droplets and lower the risk of infection. That guidance is based on the assumption that transmission mainly occurs through large droplets that fall in close proximity.
A mask disrupts the trajectory of a cough, sneeze or breath and captures some respiratory droplets before they can spew out. A mask can also prevent large infectious droplets from landing on the nose and mouth, even though it provides minimal protection against inhaling the smaller droplets.
Wearing a mask can help protect yourself and others. So if you do need to leave home, wear a mask and be sure to keep your distance.
Step 3: Hand and Cough Hygiene
Hygiene

- Hand hygiene
- Cough hygiene
- Bathrooms
- Disinfecting
You MUST self-quarantine for 2 weeks before you leave for fishing.

Get someone to help you prep your boat or do it before you start quarantine.

Do not travel if you develop symptoms or fever during the quarantine period – see your doctor and get tested (you are a critical infrastructure worker).

A NEGATIVE TEST DOES NOT MEAN YOU CAN TRAVEL. Ask your doctor when you will be safe to travel.
Step 4: Get Your Team Together
The Team

• Everyone is responsible for the team – on the vessel and on shore. Everyone must comply with the 14-day self-quarantine and social distancing principles.

• Many local ports do not have adequate facilities for isolation or treatment.

• If you cannot comply with this next recommendation, you should stay home.
The Responsibility

• You need a plan as to what you will do if you or a crew member get sick or quits.
• You cannot depend on local communities to manage a major illness.
• Plan to have health insurance, medevac coverage, and transport home if you or a crew member become ill.
• If a crew member gets sick or quits, you CANNOT drop them off at port and leave. There must be a plan for quarantine, isolation, and travel home if they become ill.
The Team

• You sink or swim together
• Once you have a healthy crew that has successfully completed quarantine – keep them
• If a new crew member joins, they must have self-quarantined for 14 days before arrival with no symptoms and you must start the onboard 14-day quarantine period over again
Step 5: Get Your Vessel Ready
Prepping Your Vessel

- Personal Protective Equipment – best you can do – masks, face shields
- Hand sanitizer – at least 60% alcohol-based product
- Disinfecting wipes
- Garbage bags
- Bleach for disinfecting
- The Galley
The Galley

- Hand sanitizer and wash hands before and after
- No family style meals
- No common utensils or serving dishes
- Designate one person to cook and serve – wear gloves and mask
- Disinfect common surfaces before and after meals
- No common snack bowls
Proper Social Etiquette
Arriving In Town

• Go directly to your vessel, do not stop at the grocery store or anywhere else.
• Have a designated runner bring you supplies
• Wear a mask and abide by social distancing
Interacting With Other Boats

- Don’t move between vessels, stay on yours
- Crew changes only in emergency – keep a healthy boat healthy
- Transferring material
  - Wear gloves, mask and face shields/eye protection
  - Disinfect any new supplies arriving on board
  - After handling material, discard or wash gloves
  - Immediately wash hands or use hand sanitizer
  - Disinfect any radios, rails, handles, etc.
  - Wash your hands
At The Dock
Interacting With Shore

• Do what the harbormaster tells you to do
• Docking, fueling, anchoring recommendations
  • Wipe down and disinfect hoses, disinfect common tools
  • Deliveries of food and supplies – observe social distancing, disinfect what you can. Wear gloves, mask
• Use verbal communication if possible – not in person
• Ask about bathroom procedures, there should be one designated for quarantining crew – use meticulous hand hygiene
Interacting With Vendors

- No yelling without a mask – use microphones or radios
- Disinfect tools and supplies before they come on board
- Screen any vendor coming on board
- Vendors should wear mask and face shield/eye protection
- Don’t share tools and wipe down before and after use
- Minimize trips off the boat
- Keep ventilation fans on – even at the dock
- Consider installing remote diagnostic tools
- Disinfect vessel after vendor leaves (steps listed at end of guidance document)
Interacting With Regulators

- Showing ID
- Signing forms
- Observers
On Shore Etiquette

• Don’t wander around town – you will get sent home
• Be respectful of local communities and comply with their requirements – ask when you arrive
• Social distancing and masking
• Limiting store hours to locals only
• Do not drop crew off and leave
Illness On Board
Once You Start Fishing

- Monitor crew daily for illness
  - Fever
  - Cough
  - Shortness of breath
  - Headache
  - Unusual fatigue or muscle aches
  - Loss of taste or smell
  - Gastrointestinal symptoms
- Crew must report any illness immediately no matter how minor
- Prevention – no proof that zinc, vitamin C or other supplements prevent or treat COVID-19 infection
• Assess the potential for COVID-19 exposure – go through the flowchart.
What If Someone Gets Sick?

• Do a medical assessment consistent with your training – first aid, Med Pro, Med PIC or higher.

• If necessary, consult with your medical advisory service, local clinic, personal doctor, or USCG.

• If you go to shore for medical care – call first, many clinics are sending providers to the vessel

• Mandatory reporting to the USCG for a suspected COVID-19 case
What Can You Do Onboard?

• Wear appropriate PPE – N95 if you have it

• If someone is having trouble breathing – try putting them in the prone position – have them lie face down for as many hours as possible
Oxygen and COVID-19

• Nasal cannula and oxygen masks are acceptable.
• Avoid nebulizer machines – these can create aerosols. A metered dose inhaler is preferred.
• Bag valve mask ventilation can create infectious aerosols and should not be used without appropriate PPE, technique and HEPA filters.
• Use a fingertip oxygen saturation monitor if you have one, keep saturation above 94% if possible
CPR and COVID-19

- The American Heart Association released guidelines on CPR with a suspected COVID-19 patient.
- If appropriate PPE is available and responders are willing and able, CPR may be performed, but to be aware that it is a significant potential exposure to infection. A mask placed over the nose and mouth of rescuer and/or victim may help decrease the risk.
- As CPR is unlikely to be effective in a medically remote area for a COVID-19 victim, it is not currently recommended.
- The use of an AED is recommended for victims of Sudden Cardiac Arrest, even if they are suspected COVID-19 patients.
Transport On Shore

• You must call ahead to the local clinic and USCG if you are transporting a crew member with suspected COVID-19 to shore.

• Ill crew member and any potential close contacts must wear masks and maintain social distancing.

• Do not disembark vessel until given permission by harbormaster.
Let’s Talk About Testing!
Two Types Of Tests

- Checks for the virus itself
  - PCR nasal swab – NasoPharynggeal (back of nose)
  - Nasal swab (front or middle)
- Checks for your response to the virus
  - Antibody blood (serology) test
- Eventually it will look like this: a number and an idea of immunity. We’re not there yet.
How the tests work together

- **Viral RNA**: Usually within 2 weeks
- **Viral Antigen**: May take days
- **Nasal PCR**: Usually within 2 weeks
- **Serology**: May take days
- **IgG**: Usually within 2 weeks
- **IgM**: May take days
Limitations of tests

• Need a good sample
• Depends on how long you’ve been sick
• False negatives with PCR – a negative test does not mean you don’t have the disease
• NO testing strategy will replace a 14-day quarantine
NO testing strategy replaces a 14-day quarantine period before you go fishing
The “Ask”

• Can you comply with these recommendations?
• If no, **STAY HOME**
• This is up to you now
WE BRING MARINERS HOME SAFELY

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