

**A Practical Guide to COVID-19**  
**Prevention & Control for Maritime Pilots**

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# Chapter 1 What is COVID-19

## 1.1 About COVID-19

COVID-19 (Coronavirus Disease-2019), an outbreak of respiratory illness, has now been detected in many countries. The virus has been named “SARS-CoV-2” and the disease it causes has been named “coronavirus disease 2019” (abbreviated “COVID-19”). On January 30th, 2020, the World Health Organization (WHO) declared that the outbreak of COVID-19 constitutes a Public Health Emergency of International Concern (PHEIC). On March 11th, the World Health Organization assessed that COVID-19 already had the characteristics of a "pandemic".

## 1.2 Main transmission routes and preventive measures of COVID-19

### 1.2.1 Main transmission routes

According to *COVID-19 Diagnosis and Treatment Plan (Provisional 7th Edition)*:

(1) Respiratory droplets transmission. Droplet transmission occurs when respiratory droplets generated via coughing, sneezing or talking contact susceptible mucosal surfaces, such as eyes, nose or mouth.

(2) Close contact transmission. Droplets are deposited on the surface of objects. Hands can be contaminated after touching these subjects.

People will be infected if they touch their mouths, noses, eyes or other mucous membranes with their contaminated hands.

(3) Aerosol transmission (possible). The virus might spread by high-density aerosol when exposed in a relatively closed environment for a long time.

### **1. 2. 2 Preventive measures**

- (1) Reduce or avoid person-to-person contact.
- (2) Clean your hands frequently with sanitizer or soap and water.
- (3) Keep a safe distance from someone who is coughing or sneezing.
- (4) Wear necessary protective equipment such as face masks, goggles and gloves.
- (5) Maintain proper ventilation.
- (6) Avoid touching our eyes, nose, and mouth.
- (7) Keep a proper distance during the conversation. Cover our mouth and nose with a tissue when coughing or sneezing, and be sure to wash our hands, mouth and nose carefully afterwards.
- (8) Undertake necessary sterilization for items and equipment. Keep away from fire when using alcohol-based disinfectants.
- (9) If someone have any suspicious symptoms such as fever and cough, please isolate him immediately, and then notify relevant authorities.
- (10) Keep doing exercises to enhance your physical status. Rest well, and try to improve our immunity.

## **1.3 Key points that we need to know about the COVID-19**

### **1.3.1 Incubation period**

Based on the current epidemiological investigation, the asymptomatic incubation period is generally 3-7 days, and the longest is 14 days.

### **1.3.2 Washing hands properly can reduce the risk of contact transmission**

The virus may enter the mucous membranes of mouth, nose or eyes by hand touching items contaminated by droplets, increasing the risk of infection. Main measures to avoid transmission are to disinfect items and the surroundings and wash our hands properly.

### **1.3.3 Main clinical symptoms are fever, fatigue and dry cough**

A few numbers of patients show symptoms such as nasal obstruction, runny nose or diarrhea. In severe cases, dyspnea usually occurs after one week. It progresses rapidly to ARDS (Acute Respiratory Distress Syndrome), septic shock, difficult-to-tackle metabolic acidosis or coagulation dysfunction.

### **1.3.4 A few patients have no fever**

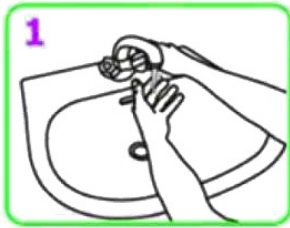
It is worth noticing that severe and critical patients can have moderate to low fever in the course of disease, or even no obvious fever. But they often show other symptoms including dyspnea, palpitation or tightness in the chest. A few patients with a low fever or mild fatigue but no symptoms of pneumonia will mostly recover in one week.

### **1.3.5 The distance of transmission in the air is very limited**

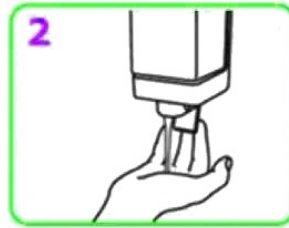
SARS-CoV-2 can be spread by air for a limited distance from 1 to 2 meters without floating in the air. It can survive about 48 h in a dry environment. After being in the air for 2 h, its activity decreases remarkably.

## **1.4 Hand hygiene**

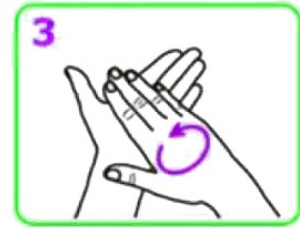
You should wash your hands for at least 20 seconds. Make sure you've clean all parts such as our thumbs, tips of fingers and space between fingers. Use a tissue to turn off the faucet after washing our hands.



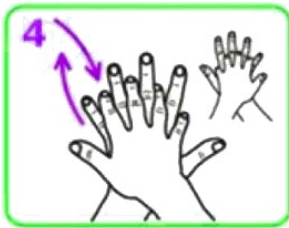
1. Wet hands with water.  
淋湿双手



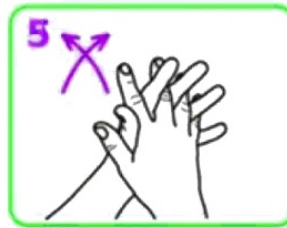
2. Apply soap to cover all of your hands' surfaces.  
双手涂抹适量皂液



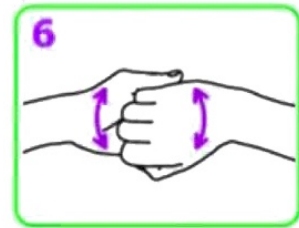
3. Rub hands palm to palm.  
掌心对掌心搓擦



4. Rub right palm over the top of the left hand with interlaced fingers and vice versa.  
掌心放在手背上，由指背向手指方向相互搓擦



5. Rub palm to palm with fingers interlaced.  
掌心相对，交错搓擦手指缝



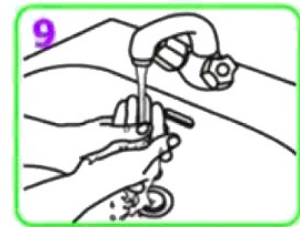
6. Rub backs of fingers to opposing palms with fingers interlocked.  
两手互握，旋转搓擦



7. Continue with rotational rubbing of left thumb clasped in right palm and vice versa.  
拇指在掌中旋转搓擦



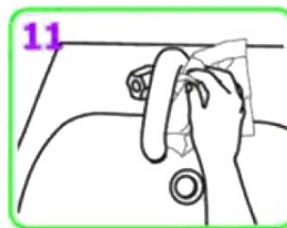
8. Continue rotational rubbing, backward and forward with clasped fingers of right hand in left palm and vice versa.  
指尖在掌心旋转搓擦



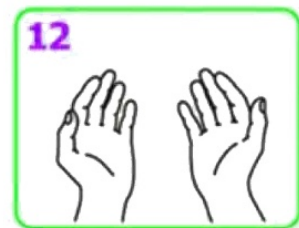
9. Rinse hands with water.  
用流水冲洗干净双手



10. Dry hands thoroughly with a single use towel.  
用一次性手巾擦干手



11. Use the towel to turn off the faucet.  
隔着纸巾关掉水龙头



12. Now your hands are clean and safe.  
这样，手就干净安全了

## **1.5 Wearing face masks**

### **1.5.1 Choose the right face mask**

Face masks that can effectively prevent the COVID-19 include disposal medical masks, medical surgical masks(ear loop and adjustable strap, frequently used standard YY 0469-2010 or YY 0469-2011 is printed on the package) and medical preventive masks (such as GB19083-2020、KN95、Medical N95-3M1860/1870+、FFP2-UVEX).

### **1.5.2 Wear your face mask properly**

(1) It is recommended to use medical surgical masks for daily travel, and KN95/N95 masks for contacting patients with fever or cough.

(2) Wash our hands before wearing a mask, and avoid touching the inner side of the mask during wearing to reduce the possibility of contamination.

(3) Please note that disposable surgical masks have inner and outer side respectively. The light-colored side has moisture absorption function and should be close to our mouth and nose; the dark-colored side should be outward, and the metal strip (nose clip) is at the upper part of the mask.

(4) Please fully unfold the folded part while wearing our mask. Completely wrap our mouth, nose and jaw, and then compress the nose clip to make the mask fully fit our face.





(5) Your masks should be replaced regularly, and do not wear in reverse, not to mention on both sides in turn.

### **1. 5. 3 Remove and dispose your face mask**

(1) Remove the mask from face gently to avoid contacting liquid and solid contaminants on the mask.

(2) Hold the mask strap with one hand and keep the other hand away from the contaminated surface.

(3) Fold the contaminated surface inward.

(4) Tighten face mask straps, and then place the mask in a plastic bag and fasten the bag tightly.

(5) Throw the discarded face mask into a bin.

(6) Wash our hands immediately. Be sure to clean our hands first.

Masks used by suspected patients or health practitioners should be disinfected before disposal.



## 1.6 FAQ(Frequently Asked Questions) about COVID-19

1. 6. 1 Q: What are coronaviruses and the SARS-CoV-2?

A: Coronaviruses are a large family of viruses that exist widely in nature, and they are known to cause diseases. Patients may suffer differently from the common cold to severe lung infection. The SARS-CoV-2 is a brand new one that has not been previously found in humans.

1. 6. 2 Q: Is there a vaccine against SARS-CoV-2 at the present?

A: Not yet. It will take a long time to research and develop a vaccine against a new disease, and it also needs a long time to produce this vaccine.

1. 6. 3 Q: Is there any specific treatment for SARS-CoV-2?

A: There is no specific treatment for diseases caused by SARS-CoV-2. However, many symptoms can be treated, so they can be treated according to the clinical condition of the patient. In addition, some supportive treatments for the infected people are also very effective.

1. 6. 4 Q: What should I do to protect myself?

A: It is recommended to practise basic personal hygiene and the safe eating habits. Avoid close contact with people who show respiratory symptoms such as coughing or sneezing.

1. 6. 5 Q: What is the safe distance between people?

A: It is more likely to be infected through droplets during close contact, and the recommended safe distance is about 1.5 to 2 meters, which is believed that the farther the distance the safer it is.

1. 6. 6 Q: Can someone spread the virus without showing symptoms?

A: It is generally believed that people are most contagious when their symptoms are strongest (the disease is the most severe). There have been reports on above situation related to the SARS-CoV-2.

1. 6. 7 Q: How to judge whether I get a fever?

A: The normal body temperature of human beings is generally 36-37 °C. The temperature underarm of adults in a quiet state in the morning is 36-37 °C. According to different body temperatures, there are four categories, including low fever (37.3-38 °C), moderate fever (38.1-39 °C), high fever (39.1-41 °C), and super high fever (above 41 °C).

1. 6. 8 Q: What are the clinical presentations of COVID-19 patients?

A: Main clinical manifestations of COVID-19 patient are fever, chest tightness, dry cough or fatigue. The respiratory symptoms are mainly dry cough and gradually develop into dyspnea. The severe ones have acute respiratory distress syndrome, septic shock, metabolic acidosis and hard-to-correct coagulation dysfunction. Some patients have mild onset symptoms and may have no fever. Most of patients' symptoms are mild to moderate ones and have a good prognosis. But a few may suffer from critical illnesses or even death.

1. 6. 9 Q: At present, there is no discomfort, but I had contacted with suspected cases of COVID-19. What should I do?

A: It is recommended to self-quarantine at home for 14 days after contacting suspected cases of COVID-19, mainly monitoring the body temperature changes and whether there are symptoms such as chest tightness, dry cough or fatigue.

1. 6. 10 Q: I have no fever in recent days, but suffer from abdominal pain, diarrhea or soreness all over my body. Are these symptoms of the SARS-CoV-2 infection? Or am I susceptible to the SARS-CoV-2?

A: At present, the first symptom of infection is less likely to be gastrointestinal discomfort, but if there is serious abdominal pain and diarrhea, you should go to hospital for treatment and maintain balanced diet, appropriate water and electrolyte intake. In this case, the body immunity may decline, and you are more likely to be infected by virus.

1. 6. 11 Q: What should I do if I have symptoms such as fever, chest tightness, dry cough or fatigue?

A: You'd better walk (Please wear a face mask. Don't take an elevator nor use public transportation) to the nearest medical institution for blood test, CRP and chest CT tests. Patients with fever and chest distress should stay vigilant and go to hospital as soon as possible.

1. 6. 12 Q: If I have early clinical manifestations, does it mean that I am infected? When should I see the doctor?

A: If you have symptoms of acute respiratory infection such as fever (axillary temperature  $\geq 37.3$  °C), fatigue, cough or shortness of breath, or have fever with respiratory symptoms within 14 days before you get ill, or clustered onset occurs, you should go to local designated medical institutions for screening, diagnosis and treatment. Doctors will make a

comprehensive diagnosis based on the information such as your premorbid activity and laboratory test results. Therefore, once there are any suspected symptoms of coronavirus infection, do not panic and make necessary protection and see the doctor as soon as possible.

1. 6. 13 Q: What should I do when I go to hospital?

A: When you go to see the doctor, you should tell him or her how you get ill and what treatment you have done in detail. In particular, you should inform him or her your recent travel or living history, the contact history with pneumonia patients or suspected patients and so on. Special attention should be paid that you should wear a medical surgical mask or medical KN95 or N95 mask during the whole process of diagnosis and treatment, to protect others.

1. 6. 14 Q: How can individuals prevent themselves against the COVID-19

A: (1) Keep hands clean. Wash hands with running water or alcoholic hand sanitizer before a meal and after coughing, going to the bathroom, touching or handling excreta.

(2) Keep our living spaces ventilated properly. Avoid going to enclosed, poor ventilated public or crowded places. Wear masks if necessary.

(3) When coughing or sneezing, use a tissue or bend our elbow to cover our mouth and nose to prevent the spread of droplets.

(4) If you need to go to see the doctor or accompany your family or friends to the hospital, please wear a medical surgical mask or N95 or KN95 mask correctly.

1. 6. 15 Q:What is the differences of infection symptoms among COVID-19, SARS, influenza and common cold?

A: For COVID-19, the primary presentations are fever, dry cough, or fatigue with the diagnosis of pneumonia. However, it should be noticed that early patients may not have fever but chills and respiratory infection, but CT scan will indicate symptoms of pneumonia. Severe presentations infection cases have similar symptoms to SARS. The clinical presentations of influenza are high fever, cough, sore throat or muscle pain. Sometimes it can also cause pneumonia, but it is not common. The symptoms of common cold are nasal congestion running nose, etc. Most patients have mild symptoms and generally do not cause pneumonia.

1. 6. 16 Q:What should I do if a crew member is found having a fever?

A: The crew member must be isolated immediately. At the same time, you should report to the agent and VTS, and wait for the relevant staff and medical professionals who will board vessel and check whether the crew is infected with the virus. No one can take any chances.

## Chapter 2 COVID-19

### Prevention and Control During Pilotage

#### 2.1 China Maritime Pilots' Association's Guide on COVID-19 Prevention and Control

Due to the risk of infection on board, the irreplaceability of pilot jobs and the inevitability of physical contact during work, it is urgent to enhance the prevention and control measures. China Maritime Pilots Association issued *The Prevention and Control Measures for Imported the COVID-19 Infections from Ships under Pilotage* in order to guide pilot stations to prevent and control the COVID-19, protect pilots' safety and health, reduce the risk of cases imported from ships, guarantee waterway transportation and maintain normal operation at local ports.

##### 2.1.1 Implementation of classified management

Ships from different countries or regions are classified according to the global evolution of the COVID-19 and health conditions of crew members onboard so as to develop corresponding measures and pilotage plans.

(1) **The first category.** If any crew member has respiratory infection symptoms such as fever or cough, especially when he came from high-risk countries or regions, more attention should be paid.

(2) **The second category.** If the vessel being piloted has visited high-risk countries or regions within 14 days, or if there are crew members coming from high-risk countries or regions within 14 days, or if

there are crew members boarding at ports of high-risk countries or regions within 14 days.

(3) **The third category.** Vessels other than the above two categories.

### 2.1.2 Pilot stations

Pilot stations should carry out the prevention and control measures of the epidemic actively, cooperate with the Quarantine departments, the MSA and comprehensively strengthen the prevention and control work.

(1) Get reliable information about the vessel and her crew members.

(2) Establish *Epidemic Prevention Log* to record the epidemic investigation and the routine prevention and control measures.

(3) Reduce unnecessary pilots gathering by online applications and resources.

(4) Ensure the reserve and supply of epidemic prevention equipment and materials.

(5) Monitor pilots who may have suspected symptoms.

(6) Disinfect public areas, transportation cars and/or boats, and keep records.

### 2.1.3 Pilots

(1) The pilot should bring his own drinking water and food and treat the three categories of ships differently. When piloting the first category of ships, he should wear protective clothing, goggles, a N95 or KN95 face mask or surgical mask and latex gloves. When piloting the second category of ships, he should wear goggles, a N95 or KN95 face mask and surgical gloves. It is recommended to wear protective clothing,



disposable waterproof shoe covers and disposable headwear. When piloting the third category of ships, he should wear surgical masks, gloves, etc.

(2) Try to take the outside stairs to the bridge after boarding, and to avoid entering the accommodation area, reduce or avoid physical contact with people or objects and keep a proper distance with crew members during face-to-face communication, verify the health conditions of the crew and the ports of call in the last 14 days with the master, and report to the pilot station in time if any inconsistency has been found, especially suspected symptoms such as fever, cough or other abnormal conditions.

(3) When piloting, if possible, the pilot may suggest the master not to use the same radar, ECDIS, VHF radio and other equipment. Be aware of the influence of wearing a face mask during work.

(4) Upon completion of a pilotage, all protective items used should be disposed properly. Pilot equipment should be disinfected. If any crew member is confirmed or suspected case of the COVID-19, the pilot should be quarantined according to the requirement of local pilot station.

(5) If you and your family members have a fever, cough or other symptoms, or if you have contacted any confirmed or suspected case of the COVID-19, you should report it to your office immediately, and avoid working during ill and infecting others.

(6) Avoid entering any closed, poorly ventilated or crowded public place. Use a tissue or bend our elbow to cover our mouth and nose when coughing or sneezing to prevent droplets transmission. Reduce close contact and the possibility of cross-infection.

(7) Pilots should cooperate with port authorities, quarantine

department and ships in monitoring prevention and control of the epidemic, such as filling in the Health Declaration Form.

## **2.2 Epidemic prevention and control at the pilot station**

2. 2. 1 Due to the special working environment, pilots need to meet people from various countries or regions. For the safety of pilots, crew members, as well as ships and ports, it is particularly important to implement strict protective measures for pilots.

2. 2. 2 Rearrange or cancel the pilot rotation plan to avoid or reduce the staff movement.

2. 2. 3 During standby time, pilots are requested not to stay or gather in the office and have their meals separately as well.

3. 2. 4 Monitor pilots' health conditions including whether they have a fever, cough or other suspected symptoms. If there exists any suspected symptom, isolate him and notify the relevant departments immediately.

2. 2. 5 Strictly monitor body temperature. Before taking transportation vehicle, pilots should have their temperature measured and recorded by the duty driver. Same measures should be taken by the boat crew before getting in a pilot boat.

2. 2. 6 Upon receiving a pilotage application, the following information shall be confirmed with the ship's agent: Whether any crew onboard has a fever, or whether the ship has called at any coronavirus epicenter. Pilots can board the ship only after the pilot prevention and control group and relevant departments have set out a pilotage plan.

2. 2. 7 Disinfect and ventilate pilots' office and residence every day.

2. 2. 8 When a pilotage is finished, pilots should be sent to a designated quarantine place by a designated car if necessary. Pilots should have their body temperature measured and living space disinfected frequently. They are requested to report any physical abnormalities immediately during the quarantine period. They cannot leave the quarantine place without permission.

## **2.3 COVID-19 prevention and control for pilots**

2.3.1 Check your body temperature regularly, especially before boarding. Symptoms such as fever or coughing should be reported to the pilot station and the community immediately. The pilot should go to the fever clinic in the nearest designated hospital for treatment.

2. 3. 2 After receiving a pilotage task, pilots should check their body temperature to ensure they are in good health condition. They should prepare protective items such as face masks, goggles, protective gloves and portable spray disinfectants, etc.

2. 3. 3 Before boarding, pilots should wear protective equipment such as a mask, gloves and safety goggles.

2. 3. 4 Pilots who work on the first and the second category of ships should wear relevant protective equipment. Upon the completion of pilotage, pilots cannot leave the ship until the quarantine inspection is completed. If any crew members show symptoms of infection such as fever or cough, the pilot shall be sent to a designated place for quarantine by a designated car and/or a boat. He is free only if he is confirmed of not being infected.

2. 3. 5 Pilots must wear a face mask and gloves during pilotage.

Disinfection must be done before embarkation and after disembarkation.

In principle, pilots should take the detour from the stairway outside. If impossible, you can get through by the stairway inside, and try to avoid using the elevator.

2. 3. 6 The bridge team should be aware that wearing a face mask may muffle your voice, so please speak louder when giving, repeating and replying instructions, listen carefully and remind each other to confirm the instructions.

2. 3. 7 Wearing face masks for a long time may cause fatigue, please take turns to remove our face mask and take a deep breath in an open outdoor space.

2. 3. 8 Wearing a face mask can impact the effectiveness of glasses and binoculars, but we can try to hold our breath to avoid blur effect temperately. Similarly, wearing a safety goggles may face the same problem and cause a blurry vision, so it is recommended to use anti-fog goggles instead.

2. 3. 9 Pilots should not drink with cups offered by ships during pilotage. When coughing or sneezing, pilots should go outside the bridge. They should avoid close contacts such as shaking hands with the captain and crew members.

2. 3. 10 Keep the bridge well ventilated. Reduce or avoid contacting with crew members or touching equipment in the bridge.

2. 3. 12 Pilots should use 75% alcohol for disinfection on board and beware of the risk of fire.

2. 3. 13 Whenever possible, pilots should avoid having meals and staying onboard for a long time. Special attention should be paid to the following if it is unavoidable under special circumstances.

(1) You'd better enjoy your meals alone in a separate room such as the pilot cabin instead of being in crowded places such as the dining room or the bridge. When it is necessary to eat on the bridge during navigation, pilots should keep a sufficient distance of at least 1.5 meters from others.

(2) Do not eat raw food.

(3) If conditions allowed, pilots should use disposable dishware and their own cups. Otherwise, they can communicate with the captain and confirm whether the tableware has been disinfected. After pilots finish their meal, all tableware should be thoroughly disinfected.

(4) People in charge of meals and tableware delivery should take protective measures properly.

(5) Pilots should wash their hands thoroughly, especially after using the toilet.

(6) Thoroughly disinfect the pilot room before using and maintain proper ventilation.

(7) The toilet should be disinfected before and after use, and please flush the toilet after use.

(8) If possible, pilots should stay away from other non-work related places on board.

# **Chapter 3 Commonly Used Sentences about Prevention for COVID-19**

## **3.1 Common Sentences for Pilots**

3.1.1 Good morning, Mr. Captain. Welcome to our port.

3.1.2 Please excuse me for not shaking hands with you in such pandemic circumstances.

3.1.3 Please keep social distance for at least 1.5 meters while talking. Please let me know if you cannot hear me clearly.

3.1.4 Mr. Captain, would you mind opening the side door of the bridge for ventilation and turning off the central air conditioner on the bridge?

3.1.5 Mr. Captain, we have our body temperature checked before entering the port area/boarding and we are in good health condition. Wearing a face mask and a pair of gloves is just for the safety, which is a normal requirement for epidemic prevention.

3.1.6 Please understand that it is necessary for me to wear a face mask and gloves. It is not only to protect myself, but also to protect you and your crews. In doing so, we can avoid the risk of cross infection, so I suggest that crew members should wear protective equipment like me.

3.1.7 Please understand and support the special practices of our pilots during the period of the epidemic.

3.1.8 In order to prevent infection and keep everyone safe, please wear a mask.

3. 1. 9 Mr. Captain, the face mask you wear can't effectively prevent virus transmission. Please ask your company or agent to provide anti-virus surgical masks for you.
3. 1. 10 Good morning, Mr. Captain! Do you have any crew member on board who has recently developed fever, dry cough, fatigue, dyspnea, or the like?
3. 1. 11 No one on board has a fever or cough.
3. 1. 12 I am healthy and glad that none of your crew has any suspected symptoms such as fever or cough.
3. 1. 13 Do you check body temperature for all crew members and record them every day?
3. 1. 14 Has any crew been changed in the past 14 days?
3. 1. 15 Are the new crew from the epicenter countries or regions?
3. 1. 16 Would you please tell me if any crew went ashore at last ports of call within 14 days?
3. 1. 17 Did crew members wear face masks when they went ashore?
3. 1. 18 During stay in previous ports, did any visitor have a fever or cough?
3. 1. 19 Are your crew members familiar with preventive measures against the COVID-19?
3. 1. 20 Please disinfect the bridge, the accommodation area and other public areas regularly.

3. 1. 21 It is recommended that you should disinfect the accommodation area, passages, bridge and engine room, and those frequently used equipment effectively to prevent virus spreading through contact.

3. 1. 22 Mr. Captain, pilots and staff ashore have implemented strict quarantine measures, and I hope you can take it seriously too.

3. 1. 23 Did any crew contact with visitors during the port stay in A?

3. 1. 24 There is a severe epidemic situation in A. Has any crew ever been ashore there?

3. 1. 25 Since your ship comes from the epicenter country, the quarantine officers will come on board to carry out inspection after alongside. Until the granting of the free pratique, nobody is allowed to go ashore, and no shore staff including stevedores are permitted to board this vessel.

3. 1. 26 Since some crew members have a fever on board, your ship is required to proceed to the anchorage and wait for the quarantine inspection.

3. 1. 27 For the specific berthing and quarantine plan, you need to check with your agent. Besides, your ship will be subjected to a quarantine check after alongside, so please inform your crew to be ready in advance.

3. 1. 28 Mr. Captain, your agent has informed the quarantine department. An ambulance with paramedics will wait at the terminal. And I will keep in contact with them.



3. 1. 29 All of our tug's crew members are healthy. We have sterilized all of our tug boats, and they are safe and clean. Please make fast the tug's line as usual.
3. 1. 30 For your health, please keep a good ventilation at all times during your port stay, especially in bridge and dining room.
3. 1. 31 After berthing/Before unberthing, please disinfect the VHF and navigational devices, and also disinfect passage, crews' accommodation area and public place.
3. 1. 32 If any crew member need to go ashore during the port stay, it is recommended that he should neither take the public transport nor go to crowded places, and return to the ship as soon as possible after all his business has been done.
3. 1. 33 For your safety, please monitor your crews' body temperatures for at least 14 days after departure.
3. 1. 34 Mr. Pilot, how is the epidemic situation in this port/city?
3. 1. 35 No one has been infected in our city yet.
3. 1. 36 How did your pilot station respond to this epidemic? What are the corresponding measures? Any impact on pilots?
3. 1. 37 Don't worry, Mr. Captain. Local pilot station will only send healthy pilots on board.
3. 1. 38 My ship is fully loaded with anti-epidemic materials.
3. 1. 39 Mr. Captain, would you please provide a pilot cabin for me?
3. 1. 40 Did someone clean and disinfect the pilot's cabin, Mr. Captain?
3. 1. 41 Mr. Captain, would you please offer me a new bedding?

3. 1. 42 Thank you, Mr. Captain. I do not drink coffee. Please give me a bottle of mineral water if available.

3. 1. 43 Could I have my meal in my cabin?

3. 1. 44 The steward will bring your meal to pilot cabin when it is ready. All the tableware have been sterilized thoroughly.

3. 1. 45 Mr. Captain, please make sure the food is fully cooked (especially for meat and animal products).

3. 1. 46 Please don't mind, Mr. Captain. I bring my own food on board for the health and safety of both your crew and me.

3. 1. 47 Mr. Pilot, do you have alcohol disinfectant with you? If not, we can provide it for you.

3. 1. 48 I will keep in touch with the escort tugboat by VHF at all times. In case of any emergency, please notify me immediately.

## **3. 2 Frequently used sentences about epidemic**

3. 2. 1 The situation of the COVID-19 at this port/city is not serious. The number of suspected and confirmed cases is declining every day, and there is no death caused by the virus for the time being. Relevant authorities have been taking strict and effective measures in traffic control and movement of people at all times. As a result, the spread of the epidemic has been well controlled.

3. 2. 2 Even if everything may return to normal at the end of this month, it is still recommended to wear face masks for a longer time.

3. 2. 3 When medical resources are relatively scarce, isolation,

professional treatment and reduction of cross infection are effective means to prevent the spread of the epidemic.

3. 2. 4 Being robust, energetic and optimistic, practising high standards of personal hygiene, treating the outbreak rationally, and reducing the frequency of going out might be the most effective prevention solution at present.

3. 2. 5 All confirmed cases must be isolated and treated in a designated hospital.

3. 2. 6 Repeated nucleic acid tests are necessary, since false negative results have been reported.

3. 2. 7 The spread of the COVID-19 is extremely fast, vaccines and medicines against the virus have not yet been developed. At present, it has posed a threat to many countries. For the safety and health of crew members on board, it is necessary to take precautions.

3. 2. 8 Mr. Captain, please be more careful and take the epidemic seriously. Any crew member with suspected symptoms must be isolated immediately, and the master should report to relevant organizations as soon as possible.

3. 2. 9 It is normal and understandable to feel anxious during the epidemic outbreak, but we should keep an optimistic attitude to prevent and control the spread of the virus. Let's work together to fight against the COVID-19. I believe that a bright tomorrow is coming soon.