

Date: May 25, 2009

Notice to Mariner No. 126

**SUBJECT : SWINE INFLUENZA
NEW INFLUENZA A(H1N1)**

The Fujairah Port Authority would like to advise the ship masters calling at Port of Fujairah or Fujairah Offshore Anchorage Area and utility boats based in Port of Fujairah a brief idea about Swine Flu, the symptoms, and what you should do if your crew exhibit any of these symptoms,

1. What is Swine Flu?

The type "A" influenza is a highly contagious acute respiratory disease of pigs, which regularly causes outbreak in pigs. People normally do not get infected, but it has been reported that sometimes the virus does spread from person-to-person.

2. What are the Symptoms?

Symptoms of Swine Flu are similar to the regular human flu, and include:

- Fever
- Cough
- Sore Throat
- Body Aches
- Headache
- Chills
- Fatigue
- Diarrhea
- Vomiting

3. How does Swine Flu spread?

Flu virus are spread mainly from person-to-person through coughing or sneezing by people infected with the influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

4. If one of your crew found with symptoms of Swine Flu?

Please report to the Control Tower and your shipping agent. Shipping Agent to inform the Port Clinic for initial check-up.

5. Further on-going precautionary measures.
- Ensure you take plenty of fluids
 - Cover you mouth and nose with disposable tissues when coughing and sneezing; and dispose the used tissues properly.
 - Wash your hand with soap and water frequently and thoroughly, especially after coughing or sneezing.
 - Avoid close contact with people who appear unwell and who have a fever and cough.

6. **Attachments:**

- a. Influenza A (H1N1) Health Declaration form.

This Declaration from should be submitted every time by,

1. Commercial vessels calling at Port of Fujairah or Fujairah Offshore Anchorage along with ISPS Code PoF – Form 1 A (Permission To Enter).
 2. Navy Ships Calling at Port of Fujairah or Fujairah Offshore Anchorage Area.
- b. Statistics - Number of laboratory confirmed cases and deaths as reported to WHO.
- c. Hand wash procedures.

Regards,

Capt. Tamer Masoud
HARBOUR MASTER.