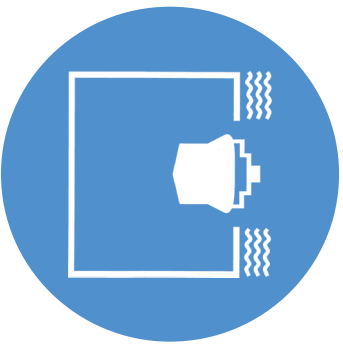


TRAVEL TO AND FROM EBOLA-AFFECTED COUNTRIES IS LOW-RISK HERE IS WHAT YOU NEED TO KNOW

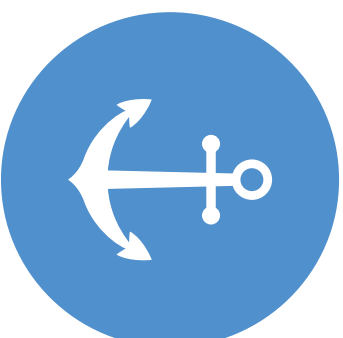


WHEN ON BOARD

If you develop a fever and Ebola symptoms yourself promptly inform ship's master or medical officer.

fever, weakness, muscle pain, headache, and sore throat; followed by vomiting, diarrhoea, bleeding.

Alert master or medical officer about a seafarer, passenger or other person who has Ebola symptoms:

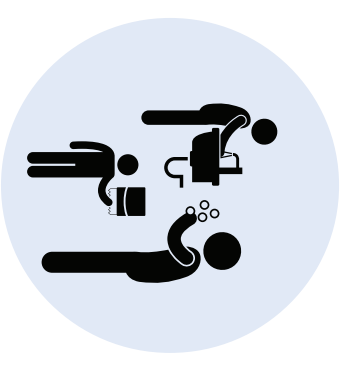


ON SHIPS OR IN PORTS/ TERMINALS

DO NOT touch the body of a person who has died from Ebola.



Avoid direct physical contact with anyone who is displaying the symptoms of Ebola.



Use alcohol rub throughout the day. When hands are visibly dirty use soap and water.

Seek prompt medical attention if you have Ebola symptoms.