



NOTICE #01-2016: INFLUENZA A H1N1 (SWINE FLU)

January 5th, 2016

In light of the recent reports on Swine Flu, PLIPDECO has embarked on a continuous awareness drive to inform all stakeholders of basic precautionary measures such as social distancing and proper hygiene to minimize exposure to the virus. To increase awareness, we are encouraging you to ensure that those persons under your jurisdiction are aware of the situation and made aware of the precautionary measures to be followed.

- **Wash hands with soap and water for at least 20 seconds after contact with shared surfaces, devices, or utensils and after coughing or sneezing.**
- **Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in a trash bin after use and wash your hands properly with soap and water. If you do not have tissue, sneeze in your sleeve or elbow. This blocks or limits the spread of droplets.**
- **Avoid touching your eyes, nose, or mouth as germs enter the body this way.**
- **Avoid close contact (hugging, shaking hands, etc.) with persons who show symptoms of influenza.**
- **Avoid rags and shared hand towels.**
- **Carry your own personal pocket sized hand sanitizers and sanitize your hands as required.**

Further information on H1N1 can be obtained from the Ministry of Health website <http://www.health.gov.tt/>

In addition, we ask that you ensure that the established protocol for illness reporting is followed by immediately informing PLIPDECO of any illness cases onboard all vessels berthing at Point Lisas. Feel free to contact PLIPDECO's Health Safety and Environment Department at 636-2201 Ext. 2286/2275, 363-3981 or via email at gtraboulay@plipdeco.com

**Marketing and Business Development Department
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