Coronavirus Disease 2019 (COVID-19) guidance for maritime operations

The Ministry of Transport and Communications (MoTC) has published guidance for maritime operations regarding Coronavirus Disease 2019 (COVID-19) to ensure the safety and health of all personnel involved in maritime activities.

Guidelines include the use of Standard Operation Procedures for persons under investigation and the implementation of Management Protocol. Additionally, individuals are encouraged to follow Maritime Declarations of Health (MDOH) and Health Declaration Card protocols.

E-mail: dma@motec.gov.mm, dma.myan@gmail.com
Tel: 95 1 397640
Fax: 95 1 397641
နောက်ဆုံးအားဖြင့် ဒီမှာ ရှေးယူဆန်းစုမှာ ကာကားရာ၊ ကာကားခြောက်သွားမှုများ အရည်အချင်းထဲမှ သာမန်းဖျင်သော Maritime Declaration of Health Form အတွက် စုစုပေါင်းကိုက်ညီမှုတစ်ခု ပြုလုပ်ရန်အတွက် ဖန်တီးထားသည်။

နောက်ဆုံးအားဖြင့် COVID-19 ကျွဲလုပ်ပေးသော ကာကားရာ၊ ကာကားကားများအားဖြင့် အကောင်အထည်ဖျင်သော အချက်အလက်များကို အသိပေးချင်သည်။ (World Health Organization-WHO) သုံးစွဲမှု ပြုလုပ်သည် (International Maritime Organization-IMO) ပြုလုပ်သည်။ အချက်အလက်များကို Recommendation ပြုလုပ် Guideline ပြုလုပ် Circular ပြုလုပ် တွင် ဖော်ပြပေးသည်။

ဒီမှာ ကာကားရာသူများအားဖြင့် ကာကားရာသုံးစွဲမှုအရေးကို အကောင်အထည်ဖျင် အားဖြင့် အသိပေးထားသည်။ များမှာ ကာကားရာ ကာကားရာရုံများ အသိပေးမှုအရေးကို အကောင်အထည်ဖျင်သော COVID-19 ကာကားရာသုံးစွဲမှု ကြိုက်ပ်ပေးသည်။ အချက်အလက် သိပ်သူများအားဖြင့် အချက်အလက်များကို အသိပေးထားသည်။ SRPS များကိုလည်း အသိပေးထားသည်။ အချက်အလက်များ သိပ်သူများအသိပေးသည်။

https://dma.gov.mm Website တွင် ထွက်ရှိနိုင်သည့် ကာကားရာသုံးစွဲမှုများသို့ အခြေခံသည်။

DMA Notice (covid-19)
ပညာရေးဝင်ရေးနှင့်ဆောင်ရွက်ရေး
အောက်ပါပညာရေးနှင့်ဆောင်ရွက်ရေးစာရင်းနှင့်ပတ်သက်သောအချက်အလက်များကို ကြည့်ရှုပါ။

မီးနေပြီးစွဲမည့်အခါ

ဆောင်ရွက်ရေးရှိတို့အား အခြေခံပေးပါ။

ရုပ်သင်ဖော်ပြချက်ကို အခြေခံပေးပါ။

SRPS ကိုလည်းအသက်ရှိသည် (အချက်အလက်များ အသုံးပြုသူတို့အနေဖြင့်)

မီးနေပြီးစွဲမည့်အခါ အခြေခံပေးပါ။

ထို့အတွက်

မီးနေပြီးစွဲမည့်အခါ အခြေခံပေးပြီးစွဲမည့်အခါ

ဆောင်ရွက်ရေးရှိတို့အား အခြေခံပေးပါ။

DMA Notice (covid-19)
Standard Operating Procedures for Pneumonia Surveillance
in International Airport and Seaport (26-2-2020)

Check for body temperature with Infrared Fever Screening System on arrival

Temperature normal
- Pass

Body temperature above 38°C
- Wait for 15 minutes and recheck body temperature*
- Temperature normal
- Pass
- Body temperature above 38°C**
- Person Under Observation (PUO)
  - Ask for travel history whether the passenger had any history of travelling to China and affected countries within (14) days
  - Ask for contact history with a confirmed or probable case of COVID-19 infection or history of working in or attending a health care facility where patients with confirmed or probable COVID-19 acute respiratory disease patients were being treated in China or other affected countries.

Absence of cough, sneezing, shortness of breath
- Ask for personal information, contact number and address in Myanmar in detail, Advise to seek medical care if they feel unwell
- Pass and keep the person under surveillance by State and Regional Public Health Team

Presence of cough, sneezing, shortness of breath
- Person Under Investigation (PUI) for suspected pneumonia***
- Transfer the passenger to the hospital with ambulance
- Isolate the patient in the designated hospital and take specimen(s) and send to National Health Laboratory
- Disinfection of all contact places including ambulance

* Patients must wear surgical mask
** Immediately inform to Central Epidemiology Unit, Ministry of Health and Sports, Nay Pyi Taw
*** Decision by Clinical Management Committee

All health personnel to take universal precaution / N95 Mask

Central Epidemiology Unit, Department of Public Health
Ministry of Health and Sports
Standard Operating Procedures for Pneumonia Surveillance in Ground Crossing (26-2-2020)

Check for body temperature with Non-Contact Thermometer

Temperature normal → Pass

Body temperature above 38°C → Wait for 15 minutes and recheck body temperature *

Temperature normal → Pass

Body temperature above 38°C** → Person Under Observation (PUO)

- Ask for travel history whether the passenger had any history of travelling to China and affected countries within (14) days
- Ask for contact history with a confirmed or probable case of COVID-19 infection or history of working in or attending a health care facility where patients with confirmed or probable COVID-19 acute respiratory disease patients were being treated in China or other affected countries

Absence of cough, sneezing, shortness of breath → Ask for personal information, contact number and address in Myanmar in detail, Advise to seek medical care if they feel unwell

Presence of cough, sneezing, shortness of breath → Person Under Investigation (PUI) for suspected pneumonia ***

Pass and keep the person under surveillance →
- Transfer the passenger to the hospital with ambulance
- Isolate the patient in designated hospital and take specimen(s) and send to National Health Laboratory
- Disinfection of all contact places including ambulance

* Patients must wear surgical mask
** Immediately inform to Central Epidemiology Unit, Ministry of Health and Sports, Nay Pyi Taw
*** Decision by Clinical Management Committee

All health personnel to take universal precaution / N95 Mask

Central Epidemiology Unit, Department of Public Health
Ministry of Health and Sports

DMA Notice (covid-19)
Standard Operating Procedures for Person Under Investigation (PUI) for Suspected Pneumonia Surveillance in Hospitals and Clinics (26-2-2020)

Attendance of patients in Hospital and Clinics OPD

**Presenting Signs and Symptoms**
- Fever
- Sneezing
- Cough
- Shortness of breath

- Ask for travel history whether the passenger had any history of travelling to China within (14) days
- Ask for contact history with a confirmed or probable case of COVID-19 infection or history of working in or attending a health care facility where patients with confirmed or probable COVID-19 acute respiratory disease patients were being treated in China or other affected countries.

**No**
Further investigation for diagnosis and treatment

**Yes**
Person Under Investigation (PUI) for suspected Pneumonia

- Isolate the patient, take specimen(s) and send to National Health Laboratory, start treatment
- Immediately inform to Department of Medical Services, Central Epidemiology Unit and State and Region Health Department

* Patients must wear surgical mask
All health personnel to take universal precaution / N95 Mask

Central Epidemiology Unit, Department of Public Health
Ministry of Health and Sports

DMA Notice (covid-19)
Management Protocol for COVID-19 Acute Respiratory Disease (Version 03)

At triage area

History of travel to or residence in a country/area or territory reporting local transmission within past 14 days OR History of close contact with a person known to have COVID-19 illness within past 14 days

Presenting fever, symptoms of acute respiratory disease (e.g. cough, shortness of breath)

Presenting fever, symptoms of severe acute respiratory disease and with no other clear aetiology

A • Home or hospital quarantine for person who had contact with confirmed case • Community surveillance for person with travel history within past 14 days

B • Further investigation for diagnosis and treatment • Isolate the patient in a separate room (e.g. Fever room) • Take strict IPC measures depending on severity • Take complete and detail history and physical examination • Inform immediately to DoMS [09 44962102], CEU [067 3420268], State and Regional Health Department

C • Move the patient to isolation room • Take specimen and send to NHL (To follow specimen collection guidelines) • Follow “Clinical Management Guidelines for Coronavirus disease (COVID-19)”

Uncomplicated illness (PUI) Symptomatic treatment

Mild Pneumonia (Suspected) Symptomatic treatment Oral antibiotics

Severe Pneumonia (Suspected) (if any of following signs/symptoms is present)
1) Respiratory rate > 23 breaths/min
2) Severe respiratory distress
3) SpO₂ <90% on room air
4) Systolic Blood Pressure ≤ 100 mmHg
5) Altered mental status (GCS <15)

Confirmed case
• Refer to designated hospital with standard precaution
• Supportive treatment including fluid therapy
• Antibiotic/antiviral
• Treatment of complications
• Isolate patients for 14 days (after last exposure)

Result (+)

Death – proper disposal of the dead person

DoMS : Department of Medical Services
CEU : Central Epidemiological Unit
NHL : National Health Laboratory

DMA Notice (covid-19)
Ministry of Health and Sports
Health Advice for Travellers
Welcome to Myanmar

All travellers coming from Wuhan (People's Republic of China) and Novel Coronavirus affected area 2019, please report without fail to Airport Quarantine Desk if you have any of the symptoms such as high fever, cough, sneezing, shortness of breath on arrival (or) within (14) days of being in Wuhan.

We would like to advise you to seek early medical care and report to the nearest health facilities, preferably government hospital if you have any of the symptoms of high fever, cough, sneezing, shortness of breath, (14) days after arriving Myanmar will treat free of charge.

Airport Health Quarantine, Ministry of Health and Sports

Please scan for more information

Contact Phone Numbers
Central Epidemiology Unit - 067-3431432, 067-3431434, 09-42928991, 09-489149477
Public Health Emergency Operation Center - 067-3420268
Yangon Airport Health Quarantine Unit - 09-7995833
Yangon Regional Department of Public Health - 09-449001261, 09-794510057
Mandalay Regional Department of Public Health - 09-2000344, 09-43098265

Please fill in using the capital letters

Health Declaration Card
Ministry of Health and Sports, Myanmar

Flight Number/ Ship Name ___________________________ Date: ____________

Name
Family
First
Middle

Date of birth
Nationality
Male
Female

Passport No.
Country of residence
Port of disembarkation

Length of stay in Myanmar ____________ Days

Address in Myanmar ____________________________

Contact Phone Number ____________________________

Did you travel any city/ country within 14 days?
Yes
No

If yes, mention the name of city and country and region that you have visited within 14 days.

Trip Plan
Cities intended to travel in Myanmar ____________________________

Do you have any signs and symptoms of

High body temperature
Cough
Sore throat
Sneezing
Shortness of breath
Others

Signature of passenger ____________________________

Medical Officer
Port Health

Contact:
Port Health Authority:
Central Epidemiology Unit: 067-3431432, 067-3431434
WHO technical-guidance

a) Critical preparedness, readiness and response actions for COVID-19
b) National laboratories
c) Risk communication and community engagement
d) Early investigation protocols
e) Naming the coronavirus disease (COVID-19)
f) Country-level coordination, planning, and monitoring
g) Clinical care
h) Operational support and logistics
i) Reduction of transmission from animals to humans
j) Humanitarian operations, camps and other fragile settings
k) Surveillance, rapid response teams, and case investigation
l) Infection protection and control / WASH
m) Guidance for schools, workplaces & institutions
n) Points of entry / mass gatherings

WHO technical-guidance Update Information ဗိုလ်ချုပ်မှ ပို့ချင်ခြင်းများကို ရေးသို့မဟုတ် WHO Website မှ တွေ့မြင်နိုင်သည်။

DMA Notice (covid-19)
IMO Circular

a) IMO Circular Letter No.4203 Novel Coronavirus (2019-nCoV)
b) IMO Circular Letter No.4203/Add.1 Novel Coronavirus (2019-nCoV)
c) IMO Circular Letter No.4204 Novel Coronavirus (2019-nCoV)
d) IMO Circular Letter No.4204/Add.1 COVID-19 – Implementation and enforcement of relevant IMO instruments
e) IMO Circular Letter No.4204/Add.2 Joint Statement IMO-WHO on the Response to the COVID-19 Outbreak
f) IMO Circular Letter No.4204/Add.3 Operational considerations for managing COVID-19 cases/outbreak on board ships
g) IMO Circular Letter No.4204/Add.4 Guidance for ship operators for the protection of the health of seafarers

IMO Circular ဖြစ်ရပ်များ ဖတ်ရှောက်ပါပေမည် Download Link ဖော်ပြထားပါသည်https://www.dropbox.com/sh/8snwfrrd9bqy3ew/AABznSw3YRUfXSR7aGrndmCia?dl=0

DMA Notice (covid-19)
ကြက်များသည် ဗိုလ်ချုပ်ကြီးများကို ချိုးဖွားရန် အောက်ပါအချက်အလက်များဖြင့် အခြေခံ ပြန်ပြောင်းမှုများကို ဖော်ပြထားသည်:

COVID-19 အချက်အလက်များအား ကျွန်တော်ကြားရွေးချယ်ရန် ဖော်ပြထားသည်။ အချက်အလက်များအားလုံး ဖော်ပြထားသည်။ လူနေအောက် အခြေခံမှုများကို ဖော်ပြထားသည်။

၂ ကြိုးနှစ်ပါးတွင် အခြေခံမှုများကို ဖော်ပြထားသည်။ လူနေအောက် အခြေခံမှုများကို ဖော်ပြထားသည်။

(၃) ကြက်များသည် အကြောင်းအရာများကို ဖော်ပြထားသည်။ လူနေအောက် အခြေခံမှုများကို ဖော်ပြထားသည်။

(၄) ကြက်များသည် အကြောင်းအရာများကို ဖော်ပြထားသည်။ လူနေအောက် အခြေခံမှုများကို ဖော်ပြထားသည်။

DMA Notice (covid-19)
နောက်ပိုင်းဆိုင်ရာများမှာ လက်ရှုရေးနိုင်မည်ဖြစ်သည်။ အောက်ပါအတိုင်းမှ အခြားသောရုံးများသည် အခြေခံစီမံခန့်ခွဲမှုများကို အလုံးစံပြုထားသည်။

 DMA Notice (covid-19)
Additional Precautionary Restrictions for travellers from all countries visiting Myanmar

1. With a view to preventing importation and spread of COVID-19, the Government of the Republic of the Union of Myanmar is obliged to take additional precautionary measures to control and limit the risk that travellers from all countries may pose to the populations in Myanmar.

2. The Following additional temporary restrictive measures will take effect for incoming travellers from all countries starting from **25 March 2020, 0000 hours** (Myanmar standard time) –

2.1 All incoming Myanmar nationals from any country will be subject to a 14-day **facility quarantine** on their arrival in Myanmar.

2.2 All foreign nationals travelling to Myanmar are required to present laboratory evidence of absence of COVID-19 infection issued no more than 72 hours prior to the date of travel before boarding any airline destined for Myanmar. They will be subject to a 14-day **facility quarantine** on their arrival in Myanmar.

2.3 All diplomats accredited to Myanmar and United Nations officials working in Myanmar are also required to present laboratory evidence of absence of COVID-19 infection issued no more than 72 hours prior to the date of travel before boarding any airline destined for Myanmar. They will be subject to **home quarantine** for 14 days on their arrival in Myanmar.

3. This notification shall supersede the precautionary measures announced earlier.

Ministry of Foreign Affairs
Nay Pyi Taw
Dated. 24 March 2020