

Telefon:

Fax: E-mail: Internet: MRCC Bremen: 49(0) 4721 78 0 49(0) 4721 78 5 emergeny call 49(0) 4721 78 1520 medico@tmas-germany.de www.tmas-germany.de 49(0) 421 536870

Anleitung zur Gesundheitspflege auf Kauffahrteischiffen Chapter Attach. B No.

12. Fever: Infectious diseases I	Chapter	Attach. B No.
 Infections caused by swallowed germs Transmitted by: Contaminated drinking water, spoiled food, mayonnaises, salad, ice-cream, excrement. Precautionary measures: Boil <u>drinking water</u>. Cook, fry, peel <u>food</u>. Do not eat any untreated salads or ice. <u>Disinfect hands</u> before eating, after stool, after contact with excrement or dirty washing. When <u>caring</u> for patients, wear gloves 	B.2.3.	
 * Cholera: <u>Symptoms</u>: rice-water like diarrhoea, vomiting ,thirst stomach-ache, rather low temperature <u>Therapy</u>: Replacement of liquid * Hepatitis A: <u>Symptoms</u>: Tiredness, nausea, headache, jaundice Fever <u>Therapy</u>: Light food, reduce protein and fat, alcohol prohibited 	B.3.11.3. B.3.1.5.1.	3.06, 3.07, 5.05, 8.04 11.01
* Dysentery: <u>Symptoms</u> : Stomach ache, bloody diarrhoea, thirst, fever is a dangerous sign. <u>Therapy</u> : Replacement of liquid, light food, antibiotics if required	B.3.11.2.	3.06, 3.07, 5.05, 8.04, 8.01, 11.01
 * Salmonella: <u>Symptoms</u>: Stormy beginning, severe diarrhoea, vomiting, moderate fever. <u>Therapy</u>: Replacement of liquid, restorative light food. * Typhus: <u>Symptoms</u>: <u>Slowly rising fever</u>, slow pulse, greyish-yellowish diarrhoea, extreme feeling of illness, thirst, later pink spots 	B.3.1.3.2 B.3.1.3.2.	3.06, 3.07, 5.05, 8.01,11.01 3.06, 3.07, 5.05, 8.0111.01
 <u>Infections caused through the inhaling of germs</u> <u>Transmitted by:</u> Sneezing, coughing, speaking, spitting. <u>Precautionary measures:</u> Wear mask, especially when caring for patients, keep distance, mask also for patient, disenfection of hands. * Influenza: <u>Symptoms:</u> Shivering, tiredness, fever, coughing head cold, rheumatism, complication: pneumonia. <u>Therapy:</u> Bed rest, drink a lot, reduce fever, administer cough drops or nose drops if required. * Polio: <u>Symptoms:</u> influenza-like beginning, loss of fever and renewed increase of fever, progressive paralysis. <u>Therapy:</u> as with influenza. * Meningitis: <u>Symptoms:</u> Headache, fever, vomiting, dazed feeling, stiffness of the neck. <u>Therapy:</u> Practically no possibility on board. * Tuberculosis: <u>Symptoms:</u> Coughing, tiredness, nightly sweating, 	B.2.3. B.3.12.6. B.3.12.8. B.3.12.17.	18.01 5.01, 1.01, 16.03
occasionally slight fever. <u>Therapy:</u> Cough drops, treatment on board is not possible. <u>Infections through contact with blood and mucous membrane</u> <u>Transmitted via the smallest surface injuries of the recipient</u> Precautionary measures: Wear gloves in the case of contact with blood or wounds. Used condoms. * AIDS: <u>Symptoms:</u> First of all fever, lymph node swelling, unobtrusively inflamed spots on the trunk, rapid abatement. Symptom free interval, renewed outbreak of illness with additional nightly sweating, diarrhoea, susceptibility to infections. <u>Therapy</u> : Causality none. * Hepatitis B and C: <u>Symptoms:</u> jaundice, dark urine, tiredness, fever. <u>Therapy</u> : as with hepatitis A		1.01
 Disinfection of living area and objects * Wear personal protection while disinfecting: Gloves, mask, protective clothing if p * Apply cold disinfecting agents (contains aldehyde!!):, do not squirt or spray. Place come into contact with blood, pus, slime, excrements in (instruments, emetic b storage bowls), into disinfectant solution. Wash contaminated surfaces (floor toilet pans) with disinfectant solution and dry afterwards. Wash bed linen, supports, blankets and clothing at a temperature of 70°C. Clean the remaining objects or rooms with normal detergent (soap, warm was a support of the su	objects , which h owls, urine bott r, bedstead, bed-	les,