The German Mission to Seafarers [DSM] provides opportunities to talk online as well as psychosocial care services. Just type dsm.care in your browser’s address bar or:

German Mission to Seafarers
support of seafarers dignity

The German Seamens Mission based in the port arrange gangway visits and provide delivery services. You can contact them online at:

Telephone service for seafarers: +49 (0)40 740 1661

Information and Guidance for Seafarers in Quarantine
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January 2023

Emergency Contacts

<table>
<thead>
<tr>
<th>Hotel/Accomodation:</th>
<th>please write the number here</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Contact Ship/Agency:</td>
<td>please write the number here</td>
</tr>
<tr>
<td>Ambulance (for hospital):</td>
<td>112</td>
</tr>
</tbody>
</table>

Dealing with the coronavirus in the port
Infections with COVID-19-Virus

The majority of the infections take a mild course, some people will not even notice any symptoms. Nonetheless, especially older people or people who suffer from a chronic disease, do have a certain risk for a more severe course that can also lead to death.

Symptoms of an Infection

You will be provided with a diary to protocol your temperature and the appearance of any symptoms daily.

If you feel ill or experience any of those symptoms please contact your emergency contact from the ship/agency. You can also contact the Hamburg Port Health Center (+49 (0)40 42845-2209).

In a medical emergency call the ambulance service on 112. Mention that you are under quarantine.

Conditions of Quarantine

The quarantine needs to take place in an appropriate accommodation such as an apartment or a hotel room. Usually, your company or the local agency will assume the responsibility for the organization of this.

Required conditions are:
- a room and a bathroom for yourself
- access to food and drinks

Quarantine measures demand that you stay in your room for the prescribed period and strictly avoid contact to other persons (including the staff of the hotel, the other guests and other people in quarantine).

The accommodations usually do also host other guests. It is important that you strictly avoid contact, so that the virus cannot be passed on.

Meals will be delivered to your rooms and are to be taken in the rooms.

In case you cannot avoid contact to the staff of the hotel you are supposed to keep distance (>1.5 metres) and wear a mask.

Infections with COVID-19-Virus

The majority of the infections take a mild course, some people will not even notice any symptoms. Nonetheless, especially older people or people who suffer from a chronic disease, do have a certain risk for a more severe course that can also lead to death.

In Germany, according to the law (Infection Protection Act), quarantine measures are taken for:

- Persons, infected with the COVID-19-Virus (even if they do not suffer from any symptoms)
- Persons, suspect of being infected with the COVID-19-Virus (e.g. because they were in close contact to a person carrying the virus)

The quarantine measures are set out by the responsible authority - which is the local Public Health Authority (‘Gesundheitsamt’) or the Hamburg Port Health Authority. The authorities will also decide upon the duration of the quarantine (which is usually between 10 and 14 days).

A negative swab test during this period reflects only a state of latency and does not automatically end quarantine.

The measures do not end automatically, but have to be lifted by the authority in charge.

Violation of a specified quarantine can result in a fine or imprisonment.

Please note: It is very important that you strictly adhere to quarantine and hygiene rules - even if you do not have any symptoms yourself.

You will be protecting yourself and others by doing so. And you will help to end the chain of infection.

General Hygiene: wash your hands with soap and water for a minimum of 20 to 30 seconds several times a day and before eating.

The accommodations usually have their own protection concept (which may include further points) and will inform you about it.

Difficulties and Problems

We know it is difficult and challenging to stay isolated in a room for up to 14 days.

Try to maintain a structured daily routine. Keep contact to your crew via telephone.

The accommodations usually offer TV (some even in English language) and Internet (that allows streaming and video-communication). Some do also provide books.

The Mission to Seafarers can support you if you have further needs. They do also offer help and guidance when it feels hard to bear the quarantine measures.

Telephone service for seafarers: +49 (0)40 740 1661

The link to contact them online can be found on the reverse side.

If there are any other questions please contact the Hamburg Port Health Center via our Mail: hphc@hu.hamburg.de

Protect other people from the infection. Help to stop the spread of the Corona-Virus.