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29 July 2020

SUBJECT: Acknowledgement of COVID-19 Health Risk Factors

Please read, sign and return the attached acknowledgement to the SIO Marine Superintendent.

Who must file? Every person embarking aboard an SIO research vessel.

When to file: Not later than two weeks prior to ship sailing.

Where to file: Provide your signed form to SIO Ship Scheduling (shipsked@ucsd.edu).

Purpose: To ensure that you understand that some underlying health conditions may put you at higher risk for developing severe illness from COVID-19, and that you acknowledge that seagoing vessels cannot provide the level of health care available in hospitals.

How this information will be used. We are not asking you to provide medical information about yourself. You should carefully consider your own medical condition before committing to embarking on a shipboard research mission. If you elect not to participate, you should communicate that to your supervisor.

Who will view this information? The SIO Marine Superintendent, chief scientist and ship's captain will know that you have submitted a signed acknowledgement.

What will happen to this information? Your signed form may be retained for future reference.

Questions? If you have questions regarding the use or disposition of this form, please contact your chief scientist or the SIO Marine Superintendent, Zoltan Kelety (zkelety@ucsd.edu).

We care about your health and safety at sea. If you have any concerns about health and safety on board, please discuss them with your chief scientist prior to your cruise, or while at sea with the chief scientist or ship's captain.

Regards,

Bruce Applegate
Associate Director, SIO

Acknowledgement of COVID-19 health risk factors aboard research vessels

The Centers for Disease Control and Protection (CDC) advises that older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Our shipboard facilities are able to support first aid to sick or injured persons, and we use telemedicine to consult with our medical provider ashore to assess shipboard medical situations and to prescribe appropriate shipboard care. However, our ships are not able to provide the same level of health care that would be available in a hospital. If you become sick with COVID-19 at sea and require critical care, intensive care, and/or advanced life-saving intervention, the ship will need to divert to the nearest port where you will be evacuated to a hospital. Such a diversion could require as many as 7 days. If you are severely ill with COVID-19, the additional time required to reach a hospital could result in your death, prolonged or worsened illness, or other health complications.

In light of this information, we ask that you carefully consider your own medical condition before committing to embarking on a shipboard research mission.

People Who Are at Higher Risk for Severe Illness

Risk for Severe Illness Increases with Age

As you get older, your risk for severe illness from COVID-19 increases. For example, people in their 50s are at higher risk for severe illness than people in their 40s. Similarly, people in their 60s or 70s are, in general, at higher risk for severe illness than people in their 50s. The greatest risk for severe illness from COVID-19 is among those aged 85 or older.

People of any age with the following underlying conditions are at increased risk of severe illness from COVID-19:

- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 or higher)
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes mellitus

People of any age with the following conditions might be at an increased risk for severe illness from COVID-19:

- Asthma (moderate-to-severe)
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Neurologic conditions, such as dementia
- Liver disease
- Pregnancy
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Smoking
- Thalassemia (a type of blood disorder)
- Type 1 diabetes mellitus

Source:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

I affirm that I have read and understand the information provided above.

Signature

Printed Name

Date

Transmit this form to: SIO Ship Scheduling email: shipsked@ucsd.edu