

CORONAVIRUS (COVID-19)
PRECAUTIONS AND PROCEDURES
AT THE POLISH POLAR STATION HORNSUND

1. Throughout your stay at the Polish Polar Station Hornsund, you are strongly advised to take the following basic precautions:
 - 1) Regularly wash your hands and use hand sanitizer;
 - 2) Maintain a distance between yourself and other persons staying at the Station, especially the members of the overwintering team;
 - 3) For the first 5 days after arriving at the Station:
 - wear a face mask (covering your nose and mouth) in all common spaces;
 - take your meals during a time slot dedicated to those newly arrived at the Station;
 - do not use the gym.
2. Assess your physical condition on a daily basis. Do not ignore potential symptoms of infection, such as:
 - 1) Fever;
 - 2) Cough;
 - 3) Difficulty breathing;
 - 4) Fatigue;
 - 5) Muscle pains;
 - 6) Chills;
 - 7) Headache;
 - 8) Diarrhoea;
 - 9) Nausea;
 - 10) Sore throat;
 - 11) Loss of smell or taste.
3. If you develop any of the above symptoms, inform the Expedition Leader about the fact and self-isolate until the symptoms subside. Avoid spending time in common spaces with other persons and take meals in your room. Ask the Expedition Leader to arrange a telephone consultation with the Station's doctor.
4. Follow the doctor's instructions.
5. Monitor body temperature and blood oxygen saturation with the use of devices provided by the Expedition Leader. Record the results at least 4 times a day and systematically pass them on to the Expedition Leader.
6. Keep the Expedition Leader informed about your physical and mental state, especially if you experience a sudden increase in body temperature, a drop in blood oxygen saturation or difficulty breathing.
7. If you develop any of the symptoms mentioned in Point 6 above, the Expedition Leader shall, as far as possible, put you in a single room. Avoid leaving the room and isolate yourself completely from other persons staying at the Station. Use only the bathroom and toilet indicated by the Expedition Leader.
8. Should the doctor decide that you require specialist medical treatment or hospitalization, the Expedition Leader shall pass the information to the Governor's Office and the Longyearbyen health service.
9. Follow the procedures and recommendations of the Governor's Office or the Norwegian health service.