

BEFORE BOARDING FOLLOW THESE STEPS TO INCREASE THE POSSIBILITY OF HAVING A CORONAVIRUS-FREE FISHING OPERATION.



YOU SHOULD ONLY EMBARK IF YOU ARE NOT PART OF A HIGH RISK GROUP.

If you have any of the following conditions you must stay home:

1



- Over 60 years old.
- Arterial hypertension.
- Diabetes.
- Obesity.
- Cardiovascular disease.
- Chronic lung disease.
- Cancer.
- Tuberculosis.

2 COMPLY WITH SOCIAL DISTANCING AT LEAST 7 DAYS BEFORE BOARDING.

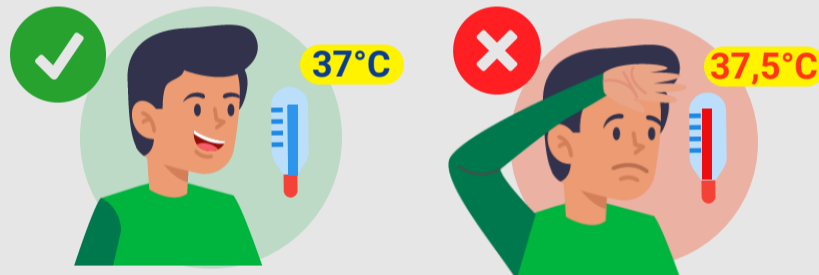
Remember to eat and hydrate yourself well. This way you reduce the probability of falling seriously ill if you get infected.



* The WHO recommends 14 days of social distancing.

3 BEFORE YOU BOARD, MEASURE YOUR TEMPERATURE.

You should only leave home to go fishing if you have less than 37.5°C.



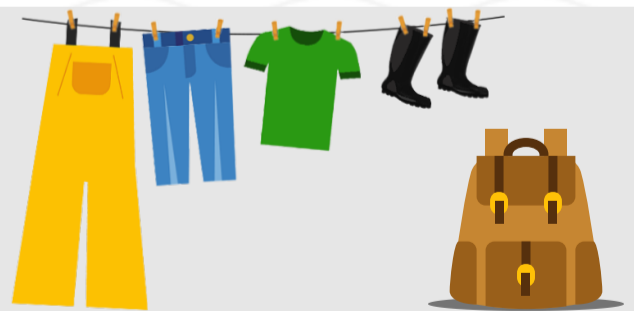
4 DON'T FORGET TO BATHE, SHAVE AND CUT YOUR NAILS BEFORE BOARDING.

Furthermore, remember to wash your hands frequently, avoid touching your eyes, nose and mouth, cough or sneeze into a bent elbow – not into your hands.



5 START THE FISHING TRIP WITH YOUR CLOTHES CLEAN.

You can have the virus on your clothes without knowing it. So pack a freshly laundered outfit to avoid infecting others.



6 THE USE OF FACE MASKS ON THE STREET OR LANDING SITES IS MANDATORY.

Try to buy them in pharmacies and try not to replace them with other accessories that do not protect you (such as polo shirts and scarves).

