



DEPARTMENT OF ECONOMIC DEVELOPMENT

MERCHANT SHIPPING MEDICAL STORES REQUIREMENTS

The aim of this notice is to advise on the requirements of the Merchant Shipping (Medical Stores) Regulations 2001 and also incorporates amendments as a result of changes in the availability or discontinuation of products by drug manufacturers.

Documents referred to in this notice:

The Merchant Shipping (Medical Stores) Regulations 2001 (SD 735/01)

Most regulations and notices are available on the Isle of Man Government web site: www.iomshipregistry.com or by contacting marine.survey@gov.im

1. **The Merchant Shipping (Medical Stores) Regulations 2001** came into operation on the 1st December 2001 and replaced the Merchant Shipping (Medical Stores) Regulations 1988 (GC 360/88).
2. The Regulations align the medicines and medical supplies to be carried on Manx ships with those prescribed in the treatments as written in the current edition of the Ship Captain's Medical Guide, the International Medical Guide for Ships published by the World Health Organisation and in the IMO Medical First Aid Guide (MFAG) current edition. These Regulations apply to all Manx ships.
3. The Ships Captain's Medical Guide and / or the International Medical Guide for Ships publication's should be referred to for assistance with diagnosis. This Shipping Notice and the Regulations should be kept with the current edition of either medical guide. Radio Medical advice should be sought as appropriate.
4. The categories and schedules of medical equipment will be kept constantly under review taking into account international agreements and advances in medical knowledge.
5. Where drugs are supplied in the United States of America or elsewhere, the drugs may be of a different strength from those included in the British Pharmacopoeia or European Pharmacopoeia. Care should be taken when administering these drugs.

6. Recommendations, guidance and information on treatments and the use of medicines and medical stores are set out in Annexes 1 to 4;

Annex 1 - Guide to the use of medicines

Annex 2 - Recommended additional Medical Equipment to be carried

Annex 3 - Precautions against Malaria

Annex 4 - Specifications of disinfectants and insecticides

Annex 1

Guide to the use of Medicines

General advice about medicines

All medicines are now available with patient information leaflets and the advice contained within them on dose, precautions and side effects should be consulted and retained for reference. Valuable guidance is also available from pharmacists or by seeking radio medical advice.

When obtaining medicines, always ensure that they are clearly labelled with their strength (e.g. 125 mg per tablet or 125 mg per 5 ml), expiry date and batch number. The packaging should be adequate to protect the medicine against deterioration when stored and should ideally be tamper evident.

Medicines obtained abroad

Supplies of medicinal products should be replenished wherever possible at the same strengths as those available in the United Kingdom. If drugs are obtained elsewhere, e.g. in the U.S.A., they may be of a different strength, even though the brand name is the same. The strength of the medicine must be taken into account when administering the medicine.

The local name for some medicines purchased abroad may differ from that used in the list of medical stores. The pharmacist or supplier of the medicine should be able to provide a generic or chemical name which is the same as that used in the list. If in doubt about the name of a medicine, get **Radio Medical Advice**.

Medicines obtained by a seafarer from a doctor ashore

A seafarer who goes to a doctor ashore should be asked to obtain from them a written note of the generic name of any prescribed medicines, details of how it is to be taken and any precautions or advice such as "may cause drowsiness". The details on the note from the medical practitioner should be checked against the information on the medicine container to ensure that they match. In case of any problem or doubt it may be necessary to check the prescription with the radio medical doctor.

Controlled Drugs

Controlled drugs are medicinal products which contain substances regulated under the Misuse Of Drugs Act 1976. The following paragraphs describe the regulations controlling the importation, possession and use of controlled drugs. Most countries have similar legislation which can be applied across national borders.

When outside Isle of Man territorial waters you should, as much as possible, follow the same procedures. Controlled drugs are classified according to the level of security required, into five schedules as contained in the Misuse of Drugs Regulations 1985, (as applied to the Isle of Man).

- Schedule 1 - contains no medicinal products;
- Schedule 2 - e.g. morphine, diamorphine, methadone;
- Schedule 3 - e.g. temazepam, flunitrazepam;
- Schedule 4 - e.g. benzodiazepines, anabolic steroids.

A ship must not carry quantities of Schedule 2 and 3 drugs greater than those recommended by this Notice, unless required to do so by a medical practitioner on the ship's complement or with a licence issued by a medical practitioner or pharmacist, if no medical practitioner is carried.

The penalties for a breach of the legislation vary according to the potential for the abuse of the controlled drugs, the (Misuse of Drugs Act) 1976. The highest penalties for the breach of the regulations is for those substances within Schedule 2

Obtaining controlled drugs

Controlled drugs must only be obtained from a retail pharmacist to supply medicinal products. All requests for the supply of controlled drugs require a written requisition, an example of the wording to be used is given in the Appendix 1 to this Schedule

Other Medicines

The Medicines Act 1976, in conjunction with the Merchant Shipping (Medical Stores) Regulations 2001, as amended, permit a retail pharmacist to supply medicines and equipment to the Master or owner of a commercial vessel without prescription from a registered medical practitioner. However, a similar requisition to that for medicines containing controlled substances will be required. See Appendix 1 to this Schedule.

Storage and Security of Medicines.

Storage of Medicines

Where practicable the medical cabinet should not be sited in the ship's hospital. It should be sited in a passageway adjacent to the hospital or other suitable place.

Ventilation of the medical cabinet will be considered as being suitable if holes (1cm diameter) protected by fine gauze are provided in the top of the outer door

Medicines must be stored to ensure that they will meet the standards at time of use. Where no specific storage temperature is given, medicines should be stored at room temperature of no greater than 25 degrees C. Some medicines may require to be kept under refrigeration at 2 to 5 degrees C, but care should be taken not to freeze them, otherwise they will lose their potency.

Security of Controlled Drugs

The Merchant Shipping (Medical Stores) Regulations require ships to have a lockable medical cabinet for the storage of medicines and drugs. The regulations also require the cabinet to have “ an inner cupboard” solely for the storage of controlled drugs. The cupboard should be fitted with a door and a lock which cannot be opened by the key to the medical cabinet, only the Master or a person authorised by him may open the inner cupboard.

It is good practice to return all unwanted medicines including controlled drugs to the supplier or a pharmacist for destruction.

Record Keeping

The Official Log Book Regulations state that any treatment given to anyone on board including the type and quantity of any medicines, must be recorded in the log book. For controlled drugs the Master is required to maintain a written record in a bound book or register. The register should contain details of all purchases including why, when and in what quantity they were obtained and details of the supply or destruction of any controlled drugs.

The Register must be kept for a period of two years after the date of the last entry. See Appendix 2 for an example of the entries required in each section of the register.

Use of Medicines

This table is a brief guide to the drugs detailed in this Manx Shipping Notice and is designed to be used in conjunction with Ship Captain’s Medical Guide or International Medical Guide for Ships

The side effects listed are a guide only. This list is not comprehensive. The common or important side effects only are listed. If a drug might be causing a problem which is not listed seek **Radio Medical advice**.

Ref No.	Drug	Type of Drug / Uses	Dose / Route
1. Cardio - vascular			
(a)	Adrenaline (Epinephrine) Injection	Heart stimulant Anaphylactic shock	0.5 to 1.0 ml by IM injection
	0.5 ml (1 in 1000)	(Severe allergy with collapse)	
Side effects : Anxiety, tremor, high blood pressure, rapid irregular heart beat. Only use in severely ill collapsed patients with loss of blood pressure / severe breathing problems.			
(b)	Glyceryl Trinitrate (GTN) Spray 400 microgram metered dose	Anti - angina (Heart pain) Suspected heart attack or heart pain	1-2 sprays under tongue
Side effects : Throbbing headache, flushing, dizziness, faintness, low blood pressure			
(c)	Frusemide 40 mg tablets (Furosemide) 20 mg in 2 ml	Diuretic (Water tablet) swelling / fluid retention breathlessness due to heart failure	40 mg (1 tablet) once daily 2 ml by IM injection
Side effects : Few in short term, low dose use			
(d)	Phytomenadione (Vit K) paediatric injection	Anti - haemorrhage drug for new born babies	0.2 ml (1amp) by IM inj single dose
	Ergometrine with Oxytocin 500 micrograms / 5 units	Anti - haemorrhage drug used immediately after the delivery of baby or for bleeding after miscarriage	1 ml (1 amp) by IM inj single dose
Side effects : Nausea, vomiting, headache, dizziness, abdominal pain.			
(e)	Atenolol 50 mg tablets	Anti - hypertension (high BP) drug, may be useful for angina also	50 mg (1 tablet) once daily
Side effects : Tiredness, slow pulse, low blood pressure, heart failure			

Ref No.	Drug	Type of Drug / Uses	Dose / Route
2. Gastro - intestinal			
(a)	Cimetidine 400mg tablets	Anti - acid drug for heartburn, dyspepsia stomach duodenal ulcers	400 mg (1 tab) twice daily
Side effects : Few at normal doses for short periods			
	Antacid drugs - e.g. Mist. Magnesium Trisilicate	Proprietary anti -indigestion preparations for heartburn, dyspepsia etc	As instructions with package
(b)	Prochlorperazine 3 mg buccal tablets	Anti - seasickness drug used for sickness due to ear problems (vertigo) drugs e.g. Morphine	3 mg (1 tab) under tongue twice daily
Side effects : Dry mouth, blurred vision, rapid pulse			
	Promethazine 25 mg injection	Anti - seasickness drug and anti - histamine useful for severe motion sickness and for severe allergic reactions	25 mg (1 amp) by IM injection
Side effects : Drowsiness, dry mouth, blurred vision			
(c)	Glycerol Suppository	Lubricant laxative used to encourage passage of stools	1 suppos. Inserted in the rectum
(d)	Codeine phosphate 30 mg tablets	Strong pain killer but also helps control diarrhoea	30 mg (1 tab) 6 hourly
Side effects : Nausea, vomiting, drowsiness and respiratory depression in overdose.			
(e)	Trimethoprim 200 mg tablets	See antibiotics	

3. Analgesics and Antispasmodics

(a)	Paracetamol 500 mg tablets	"Simple painkiller suitable for most mild to moderate pain"	1 gm (2 tablets) 4 hourly
Side effects : Few at correct dose, very dangerous in overdose poisonous to liver			

Ref No.	Drug	Type of Drug / Uses	Dose / Route
	Diclofenac 100 mg suppository	Anti - inflammatory pain killer suitable for most pain, especially bone, joint and muscle pain	100 mg (1 via the rectum once daily)

Side effects : Stomach pains, nausea, wheeziness. Do not give if patient has peptic ulcer or asthma

(b)	Codeine phosphate 30 mg tablets	Strong painkiller suitable for moderate to severe pain	30 mg (1 tablet) 6 hourly
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Side effects : Nausea, vomiting, constipation, respiratory depression in overdose

	Morphine sulphate 10mg injection	Very strong painkiller suitable for all severe pain	10 mg (1 amp) 4 - 6 hourly by IM injection
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Side effects : Nausea, vomiting, drowsiness, respiratory depression in overdose or if used inappropriately.

Avoid in head injury and chest injury if possible

(c)	Hyoscine hydrobromide 0.3 mg tablets	Anti seasickness and dizziness medication especially suitable for motion sickness	0.3mg 6 hourly, no more than 3 doses in 24 hrs
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Side effects : Drowsiness, blurred vision, dry mouth, retention of urine

4. Nervous system

(a)	Diazepam 10 mg injection (2 ml) 10 mg tablets	Anti - anxiety, sedation medication. Can help with muscle spasm in injury and low back pain	5 - 10 mg by IM injection. 5 - 10 mg tab 4 hourly up to a maximum of 30 mg per day
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Side effect : Drowsiness, light headedness, confusion, headache, respiratory depression.
Avoid with strong painkillers

(b)	Chlorpromazine hydrochloride 25 mg injection 25 mg tablets	Anti - psychosis (acute madness) drug. Sedates and controls symptoms in acute psychosis especially violent or disturbed patients	25mg by IM inj 8 hourly or 25mg tab 8 hourly
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Side effects : Drowsiness, dry mouth, retention of urine.
Acute spasms or twitches. If occurring reduce dose or stop treatment

(c)	Hyoscine hydrobromide	see 3 (c)	see 3 (c)
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(d)	Diazepam rectal dispenser 10 mg	Anti -epileptic medication used to control fits	10 mg via the rectum up to a maximum of 2 doses
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Side effects : see 4 (a)

5. Anti - allergic anti - anaphylactics			
(a)	Astemizole 10 mg tablets	Anti allergy medication useful in controlling itching rashes and hay fever like symptoms due to allergy	10 mg once daily only
Side effects : Drowsiness and slowed reactions (less than older anti - histamines)			
(b)	Hydrocortisone 100 mg injection (has to be made up in 2 mls)	Anti - allergy steroid for serious allergies causing severe symptoms or collapse	100 mg by IM injection, 8 hourly if repeated
Side effects : Few for single dose or short course			
	Prednisolone 5 mg tablets	Anti - allergy steroid also essential treatment of acute asthma	5 - 20 mg once daily more in severe asthma
Side effects : as hydrocortisone			
6. Respiratory system			
(a)	Salbutamol inhaler 100 microgm metered dose	Anti - bronchospasm (wheeze) drug used to treat asthma and allergic wheezing	200 micrograms (2 puffs) 3 - 4 times daily
Side effects : Tremor, headache, increased pulse rate			
	Beclomethasone Beclometasone 50 microgm metered dose	Anti - asthma steroid taken by inhalation usually with salbutamol	100 microgm (2 puffs) 3 - 4 times daily
Side effects : Few in correct dose for short periods			

Ref No.	Drug	Type of Drug / Uses	Dose / Route
(b)	Codeine phosphate	See 3 (b)	See 3 (b)
(c)	Paracetamol	See 3 (a)	See 3 (a)
7 Anti - infection			
(a)	Benzylpenicillin 600 mg (1 mega unit) injection (has to be made up in 2 ml)	First line antibiotic for serious infection such as cellulitis and meningitis	600 to 1200 mg by IM injection 6 hourly
Side effects : Few unless patient allergic to penicillins. Always check before giving if possible			
	Ciprofloxacin hydrochloride 500 mg tablets	Broad spectrum (general purpose) antibiotic	500mg twice daily
Side effects : Nausea, diarrhoea, abdominal pain, rashes, allergic reaction			
	Cefuroxime 750 mg injection	Broad spectrum antibiotic useful to protect against infection in major wounds	750 mg by IM injection 8 hourly
Side effects : Nausea, diarrhoea, abdominal pain, rashes, allergic reaction. Care when used in penicillin allergic patients			
	Erythromycin 250 mg tablets	General purpose antibiotic, useful in penicillin allergic patients	250 - 500 mg 6 hourly
Side effects : Nausea, diarrhoea, abdominal pain, rashes, allergic reaction			
	Doxycycline 100 mg capsules	Antibiotic useful for sexually transmitted diseases and sinusitis	100 mg once daily
Side effects : Nausea, vomiting, diarrhoea, rashes, headache			

(b)	Trimethoprim 200 mg tablets	Antibiotic useful for treatment of urinary tract infection and bronchitis	200 mg twice daily
Side effects : Nausea, vomiting and diarrhoea, rashes			
(c)	Trimethoprim	See 7 (b)	See 7 (b)
(d)	Mebendazole 100 mg tablets	Anti - parasite drug for treatment of gut infestation e.g. threadworms	100 mg single dose
Side effects : Rare			
(e)	Metronidazole 1 mg suppositories 400 mg tablets	Antibiotic and anti - protozoal e.g. trichomonas and amoebic infections. Useful in gut related infections	1 gm via the rectum or 400 mg by mouth 8 hourly
Side effects : Nausea, vomiting, unpleasant taste, rashes. Avoid alcohol			

Ref No.	Drug	Type of Drug / Uses	Dose / Route
(f)	Tetanus vaccine 0.5 ml injection	For protection against tetanus infection either in unprotected or as a booster after injury	0.5 ml by IM or 0.6 deep subcutaneous inj.
Side effects : Rare if not had vaccine for more than one year. Not required if vaccinated within ten years			
	Tetanus Immunoglobulin ampoule for injection	Used to protect against tetanus in high risk wounds e.g. agricultural injury in un - vaccinated patients	1 ampoule by IM injection
Side effects : Allergic reaction, fever, pain at injection site			

8. Compound promoting rehydration			
	Oral rehydration salts Sachets	Used to treat dehydration in vomiting and diarrhoea or severe illness	Follow instr'ns on sachet
Side effects : Nil			
9. Medicines for external use			
(a)	Antiseptic solutions or wipes	For cleaning skin wounds and disinfection	Follow instr'ns on bottle / packaging
	Cicatrín cream	General purpose anti - bacterial cream for minor wounds grazes, infections etc...	Apply to affected area sparingly
Side effects : Nil unless applied to large areas			
	Hydrocortisone cream 1% 15 gm tube	Anti - inflammatory weak steroid cream. Useful in eczema type rashes, allergic rashes, bites etc ...	Apply to affected area sparingly no more than 3 times daily
Side effects : Encourages spread of infection do not apply to broken skin or rashes due to skin infection e.g. ringworm			
	Benzoic Acid Compound BP Ointment 15 gm tube	Anti - fungal ointment for treatment of athletes foot, ringworm etc ...	Apply to infected area twice a day
Side effects : Rare / Nil in normal use			
	Miconazole nitrate 2% cream 30 gm tube	Anti - fungal cream for treatment of ringworm etc ...	Apply to infected area twice a day
Side effects : Rare / Nil in normal use			

	Silver sulphadiazine 1% cream 50 gm tube	Anti - bacterial cream for protection against infection in burns	Applied to burn in burn bag, under dressing or alone. Cleaned off at dressing changes and re - applied
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Ref No.	Drug	Type of Drug / Uses	Dose / Route
Side effects : Allergic reactions, burning, itching. Unusual			
	Permethrine 1% in isopropylalcohol 20% cream rinse	Treatment for head lice and scabies. Do not use for pubic lice	Follow instr'ns on the packaging according to the use required
Side effects : Skin irritation. Do not apply to tender areas or broken skin			
	Zinc ointment BP 25 gm tube	Moisturising ointment for dry skin conditions	Applied to affected area
Side effects : Nil in normal use. Contains animal fat.			
	Potassium permangentate crystals 10 gm container	For cleansing and deodorising oozing wounds or skin rashes	Wet dressings or baths 0.01% sol'n
Side effects : Stains skin, irritates mucous membranes. Toxic if used for long periods.			
	Framycetin sulphate 0.5% eye ointment 5 gm tube	General purpose antibiotic eye ointment for eye infections and protection against infection after removal of foreign bodies	Instill into affected eye 3 - 4 times per day

Side effects : Unusual but can cause eye irritation			
	Betamethasone / Neomycin eyedrops 5 ml container	Treatment of inflamed irritated eyes. Anti - inflammatory with antibiotic	Instill 1 -2 drops into affected eye 4 times a day
Side effects : Rare in normal use			
	Amethocaine hydrochloride 0.5% eyedrops 5 ml container	Local anaesthetic drops for eye. Useful for numbing eye before removing foreign bodies and for acute pain e.g. in arc eye	Instill 1 - 2 drops into affected eye. Do not use repeatedly
Side effects : Rare if used one off. Care to avoid eye injury whilst numbed.			
	Pilocarpine hydrochloride 0.5% eyedrops 10ml container	Drops to constrict the pupil, used to treat raised pressure in the eye (glaucoma)	Instill 2 drops 3 - 6 times per day
Side effects : Blurred vision and headache.			
	Fluorescein sodium 1% eyedrops 0.5 ml minims	Stain for detecting scratches on front of eye and foreign bodies	Instill 1-2 drops in the affected eye
Side effects : Nil in normal use.			
(c)	Neomycin / polymixin hydrocortisone eardrops 5 ml dropper bottle	General purpose antibiotic / anti - inflammatory ear drops for infection of the outer canal	Instill 3 drops into the affected ear 3- 4 times per day
Side effects : Nil in normal use			
	Ephedrine nasal drops BP 0.5% 10 ml dropper bottle	Nasal de - congestant	Instill 1 - 2 drops into each nostril 3 times a day

Ref No.	Drug	Type of Drug / Uses	Dose / Route
Side effects : Nose bleeds. Use for short periods only.			
(d)	Chlorhexidine gluconate 0.2% mouthwash. 300 ml bottle	Antiseptic mouthwash for sore throats, mouth sores etc ...	Rinse mouth with 10ml twice per day
Side effects : Nil in normal use			
(e)	Ethyl chloride liquid spray 50 mg spray vial	Freezing agent used as a local anaesthetic. Literally freezes small areas for very short procedures.	Spray from some cms away until area req'd is frozen
Side effects : Inflammable and may damage tissue. Use sparingly and with care			
	Lignocaine hydrochloride 1% 25 mg in 5 ml injection (Lidocaine)	Local anaesthetic injection for numbing small wounds for treatment	Inject around wound edges, 2-5 ml usually sufficient no more than 20 ml in an adult
Side effects : Fits, heart problems in over - dosage			
	Lignocaine gel 20gm tube (Lidocaine)	Local anaesthetic for mouth and gum sores / ulcers	Apply sparingly to affected area as required
Side effects : Nil in normal use			
	Oil of cloves 10 ml bottle	Natural oil with local anaesthetic properties useful in treating toothache	Apply sparingly to affected tooth as required by symptoms
Side effects : Nil in normal use			

Appendix 1

Specimen requisition form for use when obtaining controlled drugs

Controlled drugs should be obtained only from a retail pharmacist or other person licensed to supply drugs, and they will require an order worded along the lines below. The order must be signed by either the ship's owner/operator or the Master.

Requisition
To - (name and address of authorised supplier)
From - (name of ship, and of Master or shipowner)
Address - (address of ship or shipowner)
Please supply - (name, strength and total quantity of drugs in words and figures)
The above drugs are required for the medical stores of (name of ship) in compliance with the Merchant Shipping (Medical Stores) Regulations 2001. The ship is required to carry Category(insert appropriate category) Medical Stores.
Signature
Name in capital letters
Occupation
Date

It is not necessary for the owner/operator or Master to receive personally the controlled drugs from the supplier, but if the drugs are received by another person the requisition must be endorsed :

I empower (name of person) to receive the above drugs on my behalf.

A specimen of their signature is provided below.

Specimen signature of person empowered

Signature of Master / owner

Appendix 2
Completion of Controlled Drugs Register

<p>Misuse of Drugs Act 1976</p> <p>Isle of Man</p> <p>Register of</p> <p>-----</p> <p>Obtained and Issued</p>

Record of obtained and issued

Date	Obtained from or issued to		Authority of person or firm supplied to be in possession	Quantity		
	Name	Address		Obtained	Issued	Remaining

Annex 2

Recommended Additional Equipment

Equipment	Cat A	Cat B	Cat C
Face mask disposable	6	6	-
Plastic measuring jug ½ litre size	1	1	-
Disposable paper towels	100	100	-
Latex gloves surgical quality - sterile (large)	5 pairs	5 pairs	-
Waterproof plastic sheeting, size 1m x 2m	2	1	-
Lotion bowl (size at least 200mm x 90mm, stainless steel or sterilisable plastic to be marked “Medical”)	1	-	-
Kidney dish (size 250mm stainless steel or sterilisable plastic)	1	-	-
Medium safety pins, rustless	6	6	6
Magnifying glass 7.5cm diameter on handle	1	1	-
Nail brush	1	1	-
Stretcher equipment (a system for trauma management, ie immobilisation and stretcher equipment most suited for treatment on the ship concerned)	1	1	-
Body bag - large size	1	1	-
“Sharps” disposal box	1	1	-

Ships in Malaria areas only microscope slides in individual transit containers	5	5	-
1.) Excavator double ended guy's pattern G2 2.) Filling paste inserter (For inserting filling paste into tooth) 3.) Dental mirror size 4 on handle 4.) Cavit (temporary dental filling) tube	1 set all items	-	-
First Aid instructions in English on waterproof paper	1	1	1

Annex 3

Precautions Against Malaria

Preventive Measures

Avoid mosquito bites

1. Mosquitoes are most active after dusk. Cabin and working accommodation doors, windows and ventilators must be kept shut. Any mosquitoes found in compartments should be killed using “knockdown” insecticide spray. If you go on deck or ashore after dusk keep your arms, legs and feet covered and use insect repellants on any remaining exposed areas. If you have to stay ashore in non - air conditioned accommodation make sure that the beds have nets, preferably impregnated with pyrethroid insecticides e.g. diethyltoluamide known as DEET that they have no tears or holes and are well tucked in.

Medication

2. Anti - malarial tablet treatment varies depending on the nature and resistance of local malarial parasites. You should take the treatment strictly in accordance with the specific instructions for the medication prescribed. **Most deaths occur in those who do not take the tablets for the required period or in the recommended dosages.**

Warning Signs

3. Anyone who develops a fever in a malarial area should obtain medical advice as soon as possible. It is important to consult a doctor immediately if any feverish illness develops within three months of return from a malarial area. Be sure to let the doctor know that you have been to a country where malaria is a health risk.

4. **Anyone who has been treated for Malaria or suspected Malaria must have a medical examination at the next port of call, accompanied by their blood slide. Serious cases need urgent hospitalisation.**

(See Ship Captain’s Medical Guide or International Medical Guide for Ships for more details).

5. **Advice on malarial prevention may be obtained from the Hospital for Tropical Diseases.**

The United Kingdom Department of Health and the Health Education Authority produce various publications on specific aspects of health and travel which may be obtained free of charge by calling 0800 555 777 (service only available within UK).

Keypoints

- Travellers to malaria areas must avoid mosquito bites, take anti - malarial medicines and urgently seek early diagnosis and treatment for any feverish illness.
- The key to preventing malaria is avoiding infective mosquito bites by using repellants, covering up at night and sleeping with bednets if mosquitoes cannot be excluded from the room.
- Appropriate anti - malarial medicine is essential when travelling to known malarial areas - drug resistance is increasing in many areas so recommended regimens have changed.
- Doses and choice of drug may have to be altered when someone has another illness or is taking treatment for another medical condition.
- Standby treatment may be given to those who will be unable to reach medical services for extended periods.
- No preventive treatment is infallible so all fever and flu like illnesses occurring within a year of returning from a malarial regions need to be urgently investigated with malaria in mind.

Annex 4

Part 1

Specification of Disinfectants

1. The disinfectant should be a white fluid and should be a finely dispersed, stabilised emulsion containing coal - tar acids or other phenolic bodies, with or without hydrocarbons.
2. Germicidal value and the method of its determination - The germicidal value shall not be less than 1.7 when determined by the modified Chick - Martin method as laid down by the British Standards Specification No. 808, confirmed by PD 2627, 1960.
3. Stability before dilution - On standing for three months at ordinary temperatures degrees C to 30 degrees C) the disinfectant fluid should not precipitate nor show separation of more than traces of oil. A creamed fluid which can be rendered homogeneous by gentle mixing may be carried.
4. Stability after dilution - The disinfectant fluid should be mixed with distilled water and artificial sea-water (27 grammes of sodium chloride and 5 grammes of crystalline magnesium sulphate [$MgSO_4 \cdot 7H_2O$] dissolved in and made up to 1,000 ml with distilled water and filtered before use) in proportions of 1, 2, 3, 4 and 5 per cent to give a stable emulsion which shall not break nor show more than traces of separation of either top or bottom oil, when maintained at 18 degrees C to 22 degrees C for 6 hours, the sample and diluent having each been brought to a temperature within that range before mixing by pouring the sample into the diluent from a cylinder.
5. Odour and corrosive action - The fluid should be free from objectionable smell and when used as directed, should have no more corrosive action on metals than that occasioned by the water employed as a diluent.

Part 2

Specification of Insecticides

6. Insecticide formulations should conform to the following specifications:
 - (a) the insecticide should not be harmful to humans;
 - (b) the instructions for use should be specified on the packaging;
 - (c) the insecticide should be effective for the purpose specified in the instructions and suitable for use in a crew and passenger accommodation and in spaces used for the preparation of food; and
 - (d) it should be free from offensive odour and, so far as possible, should be non - staining.

Isle of Man Ship Registry

February 2007

Please note - The Isle of Man Ship Registry cannot give Legal Advice. Where this document provides guidance on the law it should not be regarded as definitive. The way the law applies to any particular case can vary according to circumstances - for example, from vessel to vessel. You should consider seeking independent legal advice if you are unsure of your own legal position.