

MAHINA EXPEDITIONS COVID19 PROTOCOL

Please start recording values 14 days before the start of your expedition. We will continue throughout each expedition.

CDC recommends that everyone wears masks in community settings. This is an additional public health measure people should take in addition to (not instead of) social distancing, frequent hand cleaning and other everyday preventive actions.

We ask that all expedition members wear masks in public settings and be scrupulous with hand cleaning starting at least 14 days prior to their expedition, as we will be doing.

MAHINA COVID PROTOCOL					
DAY	% OXYGEN	TEMPERATURE	SMELL	TASTE	LITERS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					

TABLE EXPLANATION:

% OXYGEN: measured with Pulse/Oximeter. Should be between 94% and 100% at sea level. Lower levels may indicate impaired lung function, common with COVID patients.

TEMPERATURE: A rise in body temperature or loss of smell and taste may be indicative of COVID.

LITERS: Try and consume at least two liters of water daily, as hydration is the most important action you can take to prevent or reduce seasickness. Diuretics like coffee, black tea and cola diminish hydration.