

Memorandum

To: Faculty and Staff, TSGB Cruise 2024

From: Grace Chou, M.D., Director, Student Health/Chief Medical Officer

Subject: Pre-Cruise Physicals

It is time to schedule your physical clearance for the 2024 Training Cruise. You may have your cruise clearance physical done at Cal Maritime's Student Health Center at no cost or with your own medical provider at your expense. Whichever you choose, the following must be returned to the Student Health Center by **April 12, 2024**.

- A health history review and physical examination by a licensed medical provider using the included clearance form. More information may be requested as necessary to provide clearance.
- Required documentation: 1. Screening for Tuberculosis (TB), 2. Tetanus vaccination within the past 10 years.
- For men 40 and over, and women 50 and over, a baseline EKG is strongly recommended.
- If you have a chronic health condition managed by your medical provider, you may be required to submit recent lab results and/or treatment notes to clear you medically for cruise.

The following options for scheduling pre-cruise physicals are summarized below:

1. **Pre-cruise physical and clearance performed at Cal Maritime Student Health Center (SHC).** Please call the SHC at Ext. 1170 to schedule an appointment. Allow approximately an hour for the entire process and completion of documentation. These appointments may have limited availability due to student health needs.
2. **Pre-cruise physical and examination performed by your medical provider.** Take the attached Pre-Cruise Physical packet and TB screening forms to your medical provider for completion. Please return the completed paperwork to the SHC by April 12th, 2024.

Pre-Cruise Drug Test

In addition to the cruise clearance physical, you will be required to have a pre-cruise drug test performed at C-DAT or other DOT certified drug testing facility. All crew members on TSGB participate in the Random Drug Testing (RDT) program while on board. Faculty and staff who are currently enrolled in the RDT program will not be required to take a pre-cruise drug test.

NOTE: Medical records for cruise that are given to the SHC are scanned into your Electronic Medical Record (EMR) and maintained as **confidential** in compliance with Federal and State medical privacy regulations. Records are accessible only to Cal Maritime medical staff for cruise clearance and cruise medical care and are not released without your permission or as required by law.

➤ **If you are immunocompromised/at high-risk for complications from COVID-19**

If you are in this category, it is highly recommended that you fill and carry a supply of Paxlovid (recommended antiviral medication to treat COVID-19) for your own use while sailing on the TSGB during cruise 2024 as it will not be stocked on the ship. Prescriptions should be obtained from your primary medical provider.