



Down East Cruise Fleet Surgeon Memo

Although there will be medical professionals on the cruise, these individuals are advisory to the Cruise leaders only. They may offer assistance in triaging, however, they are not expected to be rendering care unless they choose to act in a “Good Samaritan” manner. The Cruise leaders can be contacted for a list of the medical professionals on the Cruise. Each individual needs to be responsible for their own pharmaceuticals and potential health care during the cruise. This applies to all levels of first aid up to and including when it is appropriate to contact the Coast Guard or 911 in the case of a “Mayday Medical Emergency”. As outlined in the Medical and Emergency Procedure Information, the Coast Guard or 911 will coordinate and assemble water, land, and air transportation services as required. Cruise members might also consider commercial medical evacuation insurance policies to supplement available local medical resources.

1. It is recommended that cruise participants provide their Captain or Medical Officer with a health form that includes their medical problems, medications, medication allergies as well as contact information for their primary care physician. This would be made available when needed in an emergency. Food allergies may also be of particular importance to the Cruise Leaders.
2. Make sure you bring extra medications that you are taking in the event of loss or unforeseen delays in your trip. It is recommended that these medications remain in the original bottles so that prescription information is readily available.
3. Each vessel should have a complete first-aid kit, which can be commercially purchased. Please refer to the Fleet Surgeon Memo in the Yearbook or Website for additional recommendation commensurate with availability of 911 services. Please note that some of the areas we are cruising are fairly remote and 911 services may not always be readily available so medical kits should be well stocked accordingly. As part of each boat’s cruise preparation, a Medical Officer should be identified who is familiar with the contents and use of the medical kit. All crew members should also know where the medical kit is located.
4. Please consult your primary care physician regarding any question you may have concerning your own personal health care issues and travel prior to the trip and make sure you are up to date with your tetanus booster. Remember there will be very limited non-emergent medical resources on the cruise so plan accordingly.
5. Remember to take precautions and bring tick repellent while hiking or visiting high risk areas for tick borne disease which is the case with Maine and NB. Please see links below.

https://www.cdc.gov/ticks/avoid/on_people.html

https://www.cdc.gov/ticks/pdfs/FS_TickBite-508.pdf



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- **Use Environmental Protection Agency (EPA)-registered insect repellent external icon** containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. EPA's helpful search tool external icon can help you find the product that best suits your needs. Always follow product instructions. Do not use products containing OLE or PMD on children under 3 years old.

6.. Do not forget to bring sunscreen and UV protective clothing.

7. If you are prone to seasickness, bring medications that work for you and if unsure try them before going offshore. Detailed information regarding seasickness is available on the CCA Website. <https://cruisingclub.org/article/seasickness-prepare-it-treat-it>

8. Stay well-hydrated

9. Remember that Covid 19 is still actively circulating. Bring some test kits and masks and test if you have symptoms. Follow CDC guidelines regarding isolation if you are infected to help keep fellow cruisers safe.

<https://www.cdc.gov/ncird/whats-new/changing-threat-covid-19.html>

<https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html>

10. As always while sailing or participating in any activities, remain in the moment and practice prevention to help avoid accidents.

11. Have a wonderful time!

Jeffrey S. Wisch, M.D.

Fleet Surgeon CCA