SEAFARERS HEALTH

♀ WOMEN AT SEA | NO. 18

HEALTH

YOUR RIGHTS.

Your health. Your rights. Plan before you sail.

⚠ **Bleeding, bad stomach pain or feeling faint in pregnancy is an emergency. Tell the master now.**

Read the free guide

seafarershealth.org/women-at-sea/

Free to print and share. General information, not medical advice.