

RCN SURGEON COMMUNICATION 02-23

RETURN TO DIVING POST COVID VACCINE UPDATE 2023

References:

- A. Guidelines for Diving Medical Officers, Medications and Divers (2012)
- B. RCN Surgeon Communication 01/21 Return to Diving Post Covid-19 Vaccine

BACKGROUND

1. As per the Medications and Divers Guidelines (Ref A), there is a 10 day no-diving period after receiving oral polio, Dukoral, immune globulin, third/fourth typhoid doses, yellow fever, and Japanese encephalitis vaccinations. There is a minimum no-diving period of 36 hours following all other routine vaccinations.
2. Previous direction regarding return to diving post covid-vaccine was released by the RCN Surgeon Office (ref B). Based on additional information and updated analysis, this document provides updated direction in this regard.

DIRECTION

3. Due to the potential long-term effects of COVID-19 infection, vaccination is highly encouraged for all CAF divers.
4. Based on the available data as of publication, a **minimum no-diving period of 36 hours shall follow each dose of COVID-19 vaccination.**
5. **Should vaccine-related symptoms persist or emerge after 36 hours, divers shall self-beach and seek medical attention as required and as per local protocols.**
6. Divers and clinicians should continue to follow all local Public Health and Force Health Protection direction.

QUESTIONS

7. Any questions or clarification on this policy can be discussed with Fleet Surgeon (Pacific)/(Atlantic) or regional Consultants in Diving and Submarine Medicine (Pacific)/(Central)/(Atlantic).