

# Tips for Healthy Cruising

## Wash Your Hands Frequently!



### Wash Your Hands Often!

- **Why:** Avoid exposing yourself and others to anything that may cause illnesses and spread germs.
- **When:** Wash your hands often but especially **after** using the toilet and **before** eating or smoking.



## If You're Sick, Report Your Illness.



### Before your voyage:

- Ask cruise line if there are alternate cruising options (i.e., voyage dates, credits, etc.)
- Consult a doctor to find out whether it is safe for you to sail.

### During your voyage:

- Visit the ship's medical facility and follow the medical staff's recommendations.



## Avoid eating or drinking anything that you think will make you sick.

Look for inspection scores and general food service cleanliness to help you to decide where and what to eat.

