

Handwashing on Cruise Ships

To stay clean and healthy, wash your hands with warm water and soap.

When to wash your hands:

Before:

- Touching your hand to your mouth including:
 - Eating and drinking,
 - Smoking,
 - Brushing your teeth,
- Helping a sick person.

After:

- Going to the bathroom,
- Changing diapers,
- Touching high-hand contact surfaces, such as:
 - Door knobs,
 - Elevator buttons,
 - Railings,
- Returning to your cabin,
- Helping a sick person, and
- Blowing your nose.



How to wash your hands:

1. Wet your hands with warm water.
2. Apply a generous amount of soap.
3. Rub hands together for 20 seconds.
4. Rinse hands.
5. Dry hands with paper towel.
6. Use paper towel to turn off the faucet and open the door.

What about alcohol-based hand sanitizers?

- CDC recommends that cruise ship passengers use warm water and soap to wash their hands. Washing is always best.
- If water and soap are NOT available (perhaps on excursions), use an alcohol-based hand sanitizer with 62% ethanol based hand-sanitizer, preferably in a gel form.