

****This is being distributed at the request of the U.S. Centers for Disease Control and Prevention****

CDC Recommendations for Cruise Passengers

Protect yourself and others

- For 14 days after your voyage stay home and check yourself for these symptoms: fever, cough or difficulty breathing.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands often with soap and water- especially after you cough or sneeze. If not available, use at least a 60% alcohol-based hand sanitizer.

If you get sick with fever, cough or difficulty breathing, seek medical care right away.

- Avoid contact with others.
- Don't travel on public transportation while sick.
- Call ahead before seeing a doctor or going to an emergency room.
- Tell them your symptoms.

According to the U.S. Centers for Disease Control and Prevention, Cruise passengers are at increased risk of person-to-person spread of infectious diseases, including COVID-19, and outbreaks of COVID-19 have been reported on several cruise ships.

Widespread ongoing spread of coronavirus disease (COVID-19) has been reported in some countries. Other countries have reported sustained community spread.

For more information: www.cdc.gov/COVID19