

# Tips for Healthy Cruising

## If you're sick, report your illness.

Before your voyage,

- Ask your cruise line if there are alternative cruising options.
- Consult a doctor to find out whether it is safe for you to sail.

During your voyage, call the ship's medical facility and follow the medical staff's recommendations.



## 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.



## Take care of yourself. Get plenty of rest and drink plenty of water.

Why: Resting helps rebuild your immune system. Drinking water helps prevent dehydration.

CDC's Vessel Sanitation Program helps the cruise industry control and prevent the spread of gastrointestinal illnesses aboard cruise ships and assists them in monitoring ships if they have an outbreak. Learn more about CDC's Vessel Sanitation Program at [www.cdc.gov/nceh/vsp](http://www.cdc.gov/nceh/vsp).



National Center for Environmental Health

Division of Emergency and Environmental Health Services

