



Set Sail in Health

Consider these recommendations for smooth sailing before, during, and after your cruise.



Stay up-to-date

Make sure you are up to date with your vaccinations before traveling. Visit a travel health provider to learn about vaccines recommended by country or check your destination.



Wash your hands often

Keeping your hands clean on a cruise is a good way to avoid sickness. If water and soap are not available, hand sanitizer is a good second option.



Prepare a travel first aid kit

Include prescription and over-the-counter medications needed. Consider packing extra in case of delays.



Do not travel if you feel sick

Delay travel if you feel sick. If you begin to feel sick during the cruise, visit the medical center onboard and follow their recommendations. If you begin to feel sick after travel, avoid contact with others and reach out to your health care provider.