

# stay healthy while cruising

Here are some healthy travel habits recommended by the World Health Organization and the U.S. Centers for Disease Control — be sure to practice them on your next Princess® cruise!



## Wash your hands often with soap and water for 20 seconds

This is especially important to do after using the restroom and before enjoying any of the delicious food offered on board Princess ships.



## Use hand sanitizer in addition to washing

Regularly clean your hands with an alcohol-based hand sanitizer. You'll find sanitizer in front of all dining venues and other high-traffic areas on board.



## Keep a distance from others

Aim for 6 feet of separation where possible, and substitute handshakes with your favorite no-touch greeting such as a wave or "thumbs up!"



## Cover your nose and mouth when you cough or sneeze

Use your bent elbow or tissue.



## Don't touch your face

Avoid touching your eyes, nose and mouth.



## Get vaccinated against seasonal influenza

Take precautions to stay healthy during flu season.



## Use your elbow

Where possible, use your elbow or knuckles instead of your hands to operate frequently touched surfaces such as door handles and elevator buttons.



## Don't forget

While onboard, if you experience any symptoms of respiratory illness, please contact the Medical Center for a complimentary consultation.

Please visit  
[www.princess.com/CruisewithConfidence](http://www.princess.com/CruisewithConfidence)  
for more information.