



February 8, 2020

Dear U.S. Passenger/Crew Member,

The U.S. Centers for Disease Control and Prevention (CDC) has provided recommendations relating to the quarantine of passengers and crew onboard the Diamond Princess after exposure to 2019 Novel Coronavirus (2019-nCoV). These recommendations will help you protect your health and the health of others while aboard.

Based on information CDC has at this time, remaining in your room on the ship is the safest option to minimize your risk of infection. Alternatives might increase the risk of spread of infection. We acknowledge that this situation is difficult. CDC is assisting Japanese health authorities and ship personnel to ensure precautions are being taken to prevent 2019-nCoV spread on the ship. We will continue to monitor the situation closely and take actions as necessary to safeguard your health. We will continue to provide you with information as it becomes available.

### **How 2019-nCoV Spreads**

Much is unknown about how 2019-nCoV, a new coronavirus, spreads. Current knowledge is largely based on what is known about similar coronaviruses.

Most often, spread from person-to-person happens among close contacts (about 6 feet). Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It's currently unclear if a person can get 2019-nCoV by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

Typically, with most respiratory viruses, people are thought to be most contagious when they are most symptomatic (the sickest).

### **Steps you can take to protect yourself, and your loved ones, and others aboard the Diamond Princess:**

#### **Stay in your room as much as possible**

2019-nCoV spreads from person to person primarily through close contact. CDC has no current evidence to suggest that the virus spreads between rooms on a ship through the air-handling system. Staying in your room and limiting your contact with other people are the best things you can do to minimize your exposure.

### **Practice social distancing when outside your room**

While walking on the deck or in other public areas, try to maintain a distance of at least 6 feet from passengers who are not your cabin mates or travel companions.

### **Monitor your health**

All passengers should monitor their health throughout the entire quarantine period. You should take your temperature twice daily and watch for respiratory symptoms including cough and difficulty breathing. Follow other directions from ship personnel or local officials for symptom monitoring.

### **Cover your coughs and sneezes**

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

### **Clean your hands**

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

**If you develop fever (feeling feverish or measured temperature of 100.4°F / 38°C or higher), cough or difficulty breathing:**

**Continue to practice the recommendations listed above, and--**

Isolate yourself in your cabin and maintain separation from other passengers.

**Maintain a distance of 6 feet from your cabin mate (if possible), other passengers, or crew who attend your cabin.**

**Notify the onboard medical center.**

Notify the onboard medical center immediately, remain isolated in your cabin, and await further instructions from the ship's physician.

Wear a facemask.

**Put on a facemask if you are sharing a cabin with another person and before you go to the infirmary.** If you are not able to wear a facemask (for example, because it causes trouble breathing), then your cabin mate should wear a facemask.

Avoid sharing personal household items.

**Do not share dishes, drinking glasses, cups, eating utensils, or towels with your cabin mate.** After using these items, they should be washed thoroughly with soap and water.

We thank you for taking these steps to protect your health, your loved ones' health and the health of all passengers aboard the Diamond Princess.

Sincerely,

A handwritten signature in black ink, appearing to read "Anne Schuchat". The signature is fluid and cursive, with a long horizontal stroke at the end.

Anne Schuchat, MD (RADM, USPHS, RET)  
Principal Deputy Director, CDC