



# CRUISE HEALTHY

An industry that is prepared and proactive when it comes to the health and wellness of passengers and crew.



## PASSENGERS

- Purchase the right sort of travel insurance for the cruise
- Wash hands often and thoroughly - this is one of the best ways to prevent the spread of illness
- Make use of the alcohol-based hand sanitisers which are freely available around the ship
- Wear sunscreen to protect from sun exposure and reduce risk of skin cancer and premature aging
- Use insect repellent where mosquitos are prevalent
- Guests who feel unwell before or during a cruise should report to the onboard medical team, and seek treatment as soon as possible
- Follow the advice of the onboard medical staff and limit contact with other guests while sick

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## MYTHBUSTING

- A robust system of oversight and enforcement protects passengers & crew member health and wellbeing
- Public health authorities worldwide inspect cruise ships and enforce health requirements and cruise ships undergo regular internal public health reviews
- Norovirus is not a cruise ship phenomenon. Norovirus is second to the common cold in reported illnesses, impacting millions of people around the world each year
- Only cruise ships are required to report to local authorities whereas land-based hotels, restaurants, and other businesses where people gather in large numbers such as schools and hospitals are not, so illness on ships is more frequently reported by the media
- According to international statistics the likelihood of contracting a gastrointestinal illness onboard a cruise ship is less than 1%, and there is a greater likelihood of getting sick in a shopping centre or at a day-care centre.



## CREW

- Onboard staff and crew are trained in first aid
- Crew members regularly refresh their training on health and wellbeing responsibilities
- Ongoing training is monitored through robust record-keeping



## CLEAN SHIPS

- Cruise ships frequently clean and sanitize facilities onboard
- Cabins are thoroughly cleaned every day, while kitchens, restaurants and other common areas are cleaned multiple times per day
- After every cruise, crew members clean the ship from top to bottom to prepare for the next voyage



## MEDICAL RESOURCES

- Licenced medical staff are available on all CLIA Cruise Line Member cruise ships with more than 100 passengers
- All ships must carry defib, cardiac and other emergency equipment
- CLIA Cruise Lines traveling regularly on itineraries beyond territorial waters have agreed to meet or exceed the requirements of the healthcare guidelines for cruise ship medical facilities



Cruise Lines International Association (CLIA) is the world's largest cruise industry trade association, providing a unified voice and leading authority of the global cruise community. CLIA supports policies and practices that foster a safe, secure, healthy and sustainable cruise ship environment and is dedicated to promoting the cruise travel experience. CLIA represents over 95% of the global cruise capacity, catering for more than 24 million passengers annually.



[cruising.org.au](http://cruising.org.au)