
For more healthy cruising travel tips, visit:

South Eastern Sydney Public Health Unit:

[www.seslhd.health.nsw.gov.au/
Public_Health/CruiseShipProgram/
TravelAdvice-Passengers.asp](http://www.seslhd.health.nsw.gov.au/Public_Health/CruiseShipProgram/TravelAdvice-Passengers.asp)

EU SHIPSAN: [www.shipsan.eu/Home/
InformationforTravelers.aspx](http://www.shipsan.eu/Home/InformationforTravelers.aspx)

*United States Centres for Disease Control
and Prevention Vessel Sanitation
Program:* [www.cdc.gov/nceh/vsp/pub/
cruisingtips/healthycruising.htm](http://www.cdc.gov/nceh/vsp/pub/cruisingtips/healthycruising.htm)

For more general travel advice, visit:

Australian Government Smartraveller:
smartraveller.gov.au/Pages/default.aspx



YOUR GUIDE TO HEALTHY CRUISING

Before you set sail...

- Talk to your doctor or travel clinic about vaccinations you'll need at least 4-8 weeks before your cruise
 - Don't forget to ask about the flu shot!
- If you take regular medications, ensure you have enough to last your whole trip
- Organise your travel insurance
- Research your cruise destinations and on-shore activities
 - Check the food and water quality of your destinations
 - Find out what kind of animals and insects are in the areas you'll be visiting



Don't forget to pack:

- Alcohol-based hand sanitiser
- Any regular medications
- Motion sickness medication if you think you'll need it
- Insect repellent
- Water bottle
- Sunscreen
- Hat

Whilst enjoying your cruise:

- Regularly wash your hands with warm soapy water, especially after using the bathroom and before eating
 - Use alcohol-based hand sanitiser if available, but remember this isn't a substitute to thorough hand washing!
 - Try to use your cabin bathroom in preference to shared bathrooms
 - Avoid uncooked meats and fruit you haven't peeled yourself on excursions
 - Fill up your water bottle on the ship to take on excursions
 - Wear light coloured clothing and use insect repellent with DEET or picaridin if travelling to areas where mosquitoes are present
 - If you become unwell on your cruise, seek medical attention for treatment and advice, and limit your contact with other passengers
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