

**HEALTH ADVISORY**

**Respiratory Illness**

Please be advised that we have noticed an increased number of people who have reported to the Medical Center this cruise with respiratory symptoms, such as cold, influenza, and COVID-like illness. Although presentation of influenza and COVID-19 illness is typically mild to moderate for many individuals, it can cause serious illness in those with pre-existing health conditions. We recommend that everyone take the following health precautions to prevent the spread of illness:

* If you experience any symptoms of **fever or chills, cough, shortness of breath or difficulty breathing, new loss of taste or smell, sore throat, runny nose**, or other signs of respiratory illness please remain in your cabin and report to the Medical Center as soon as possible by dialling 911/999/EMERGENCY NUMBER.
* Always wear a face covering or mask when outside your stateroom.
* Limit close contact (within 2 meters or 6 feet) with other individuals, particularly if they appear unwell.
* Wash your hands frequently with soap and water for at least 20 seconds as flu viruses are easily spread from your hands.
* ***Catch It*** – Always cover your nose and mouth with a tissue when you cough or sneeze. If no tissues are immediately available, sneeze or cough into the top of your arm rather than into your hands - transferring droplets from your hand to a doorknob or handrail can easily cause others to become unwell.
* ***Bin It*** – Immediately throw the used tissue into the trash.
* ***Kill It*** – Wash your hands or if not immediately available, use a hand sanitizer as soon as possible to kill the germs.

Please contact the onboard Medical Center if you unfortunately develop any respiratory symptoms. Prompt treatment of symptoms may help you recover faster. This is especially important for people with pre-existing health conditions such as heart, lung and kidney disease. We may also have recommendations for your close contacts to minimize risk of exposure and prevent them from becoming ill.

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