



expert health tips for your trip

We're sharing recommendations from the CDC to help promote CruiseHealth on your next Princess Cruise.



Wash your hands.

Regularly wash your hands for at least 20 seconds with warm water and soap, and take advantage of extra hand sanitizer and handwashing stations around the ship.



Cover your face.

Wear a mask that covers your nose and mouth in all public areas indoors and when you can't physically distance outdoors.



Mind your space.

Practice physical distancing of six feet (or two meters) on board. We're operating at reduced capacity and have floor decals and protocols to help.



Cover your cough.

Use your bent elbow or a tissue when you cough or sneeze, please.



Don't touch your face.

Avoid touching your eyes, nose and mouth.



Get vaccinated.

If you're able, get vaccinated against COVID-19 and the flu.



Use your elbow.

Where possible, avoid using your hands. Use your elbow or knuckles on frequently touched surfaces like door handles and elevator buttons.



Don't forget!

If you feel sick, return to your stateroom, and contact the Medical Center.