

Health Advisory

Dear Guest(s),

We are committed to the health and safety of our guests, teammates, and the communities we visit. Our TravelWell protocols have proven effective against COVID-19 and other respiratory and gastrointestinal illnesses. These illness prevention and control measures are designed to be responsive to changing public health situations have been developed in conjunction with the U.S. Centers for Disease Control and Prevention (CDC) and global medical experts.

To stay healthy, please follow these precautions:

- All guests are required to wear face masks while indoors at all times, except when eating or drinking or in their own staterooms. Health experts recommend you use a higher-grade mask while indoors such as a KN95 or surgical. We've provided complimentary KN95 mask(s) for your convenience. If you need a replacement mask, please ask your stateroom steward, or visit Guest Services. We recommend you change your mask every 3-4 days or when soiled, damaged or difficult to breathe through.
- Masks must also be worn while outdoors if you are in large gatherings or if physical distancing cannot be maintained. Remember to wear a mask during the entire embarkation and debarkation process (at the home port and ports of call), during any Holland America Line-organized shore excursions and while on any transportation vehicles or water shuttles.
- Wash your hands regularly with soap and water, particularly before eating, and after using the restroom. Use your stateroom restroom whenever possible. Use hand sanitizers where handwashing facilities are not available. Minimize direct contact, such as handshaking, with others during your cruise.
- Avoid touching your eyes, nose, and mouth.
- 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 your hands.
- Smoking is only allowed in designated outdoor areas. It is not allowed in the Casino.

While ashore:

- Avoid spending time indoors when ashore. If you need to go indoors, wear a KN95 mask and limit your time inside. When outside, wear a face mask if physical distancing cannot be maintained.
- Keep a physical distance of 2 meters (6 feet) from others where possible.
- If you are not on a Holland America Line-organized shore excursion and need to use transport, use shared rides with your travel group only and all wear masks while in the vehicle. Avoid large gatherings and crowds of people, as well as public transport such as buses or trains.

COVID-19 vaccines are effective at preventing infection and severe disease; however, breakthrough infections are still possible.

If you develop any COVID-19 symptoms, please immediately notify the Medical Staff by phoning 911.

COVID-19 symptoms include:

Sore throat, congestion, runny nose, fever, chills, cough, shortness of breath, difficulty breathing, extreme tiredness, muscle or body aches, headache, new loss of taste or smell, vomiting or diarrhea.

The Medical Staff is authorized to conduct an initial medical evaluation for anyone with COVID -19 symptoms at no cost to you.

You may also be required to undergo testing for COVID-19 at any time during your voyage. If testing is required, the details will be provided to you in separate communications. Please note that testing requirements may change without notice.

Thank you for your cooperation. If you have any questions regarding this advisory, please contact the Medical Center.

Yours in health,



Grant Tarling, MD, MPH
Chief Health Officer