



## Health Advisory

Dear Guest,

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

While you are with us, we want you to stay healthy and request you follow these face mask precautions:

- Out of an abundance of caution, we will be *requiring* guests *on board* to wear face masks while *indoors* until Saturday, January 7, Puerto Limon, Costa Rica. From then on, this requirement may be stepped down depending on the results of COVID-19 Rapid Antigen Tests to be administered on January 6 (more information on that will be forthcoming shortly).
- Masks are required while in the Medical Center.
- Health experts recommend higher-grade masks such as KN95 or surgical. If you need a mask, please ask your stateroom attendant, or visit Guest Services.
- We recommend you also follow these onboard masking protocols while ashore in an indoor setting. Please note that each destination may require additional local health protocols

We also encourage you to follow good hygienic practices that are applicable in our everyday lives. Please remember to:

- 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.
- Keep your mask on if you sneeze or cough or use a tissue. If no tissues are immediately available, sneeze or cough into the top of your arm rather than your hands.

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.

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