

Cruise Ships: Equipped for Health

“The latest CDC report provides the strongest evidence to date that cruise lines are going to great lengths to protect the health of passengers—and succeeding.”

—Christine Duffy
President and CEO of Cruise Lines International Association

FACT 1

Cruise ships go to great lengths to keep passengers healthy and well.

- Cruises regularly clean and sanitize the facilities on board, from door handles and gym equipment to Scrabble tiles and poker chips.
- Cabins are cleaned and sanitized at least once daily, restaurants and snack areas are cleaned regularly, and common areas like pools and elevators are cleaned throughout the day.
- Health screenings help to identify ill passengers or crewmembers prior to boarding. Passengers and crewmembers who may be ill are assessed by medical staff before they may interact with other guests.
- At the end of every cruise, crewmembers are to clean the ship from top to bottom using designated cleaning supplies and sanitation procedures.
- CLIA members collaborate with the American College of Emergency Physicians (ACEP) to develop and implement guidelines on cruise ship medical facilities.

FACT 2

Passenger health is protected by a robust system of oversight and enforcement.

- Public health authorities worldwide, including the Centers for Disease Control and Prevention in the U.S., inspect and enforce scores of health requirements.
- Ships that visit U.S. ports and are part of the CDC’s Vessel Sanitation Program are inspected by the CDC at least twice a year.



FACT 3

Cruise ships are highly equipped, well-staffed, and thoroughly prepared to handle medical emergencies and health concerns.

- Every CLIA Member ocean-going cruise line must have licensed physicians and registered nurses available 24/7 for medical bay visits or cabin "house calls."
- Ships are equipped with sophisticated medical equipment such as cardiac monitors, defibrillators and x-ray machines.
- Onboard staff must be rigorously trained in first aid and public health policies.



FACT 4

Stomach bugs like norovirus are far less common on cruise ships than on land—in fact, less than 1% of all reported norovirus outbreaks occur on cruise ships.

NOROVIRUS: NOT A CRUISE VIRUS

You are **750 times more likely** to get norovirus, or the common stomach bug, on land than on a cruise ship.

IN FACT, LESS THAN 1% OF OUTBREAKS EVERY YEAR OCCUR ON CRUISE SHIPS.

1 IN 15
ON LAND

1 IN 12,000
ON A CRUISE

WHERE PEOPLE GET SICK FROM NOROVIRUS*

HEALTH CARE FACILITY	62%	RESTAURANT	22%	PRIVATE RESIDENCE	2%
SCHOOL/ DAY-CARE FACILITY	6%	OTHER	7%		

* SOURCE: CDC National Outbreak Reporting System.

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“It is perfectly safe to go on cruise ships. The standard by which they are held for sanitation is the highest in the world.”

—David Forney
Former Chief of CDC Vessel Sanitation Program

Q. What actions do cruise ships take to keep passengers healthy?

A. Cruise lines know that passenger wellness can be the difference between a great experience and a bad one. That’s why cruise lines go to great lengths to keep passengers healthy and well while they are on board. Cruise ship crews regularly clean and sanitize the facilities on the ship, from door handles and gym equipment to Scrabble tiles and poker chips. At the end of every cruise, crewmembers are to clean the ship from top to bottom using designated cleaning supplies and sanitation procedures.

Q. How do cruise ships screen passengers for illnesses?

A. The most common health screening protocol is a health questionnaire, administered in writing to each passenger. Passengers indicate if they have or have had any symptoms of illness recently, such as a fever or sore throat. When passengers check in before boarding, the welcome staff may review the questionnaire to ensure it has been fully completed.

Q. Are there doctors and nurses on board cruise ships to assist passengers and crew?

A. Yes. Licensed medical staff like doctors and nurses are available on board 24/7.

Physicians on every ship must be able to perform advanced life support practices and emergency cardiovascular care.



Q. What resources and equipment are available to medical staff?

A. Cruise ships must have an examination room, an intensive care room, and equipment for processing labs, monitoring vital signs, and administering medications. Health facilities are also equipped with cardiac monitors, defibrillators, x-ray machines and a range of medications.

Q. What happens if a passenger falls ill on board?

A. Medical staff are prepared to assist ill passengers in the ship's medical bay or in their rooms. When a passenger is not feeling well, the ship's doctors and nurses will conduct a check-up just like a visit to the doctor's office on land: the medical staff will take their temperature, ask about their medical history, conduct an examination, and offer any necessary medical treatments.

Medical staff may recommend that passengers not interact with other guests while they are ill. Passengers who are asked to remain in their cabins may be provided with free room service, entertainment packages, and other amenities to make their stay comfortable.

Q. How are passengers educated about health practices on board?

A. Cruise ships share health information with passengers in numerous ways, such as information booklets, welcome videos, signage around the ship, daily ship newsletters, and crewmember announcements.

Q. How often are cruise ship cabins and common areas cleaned?

A. Cruise ships regularly clean and sanitize the facilities on board. Cabins are cleaned at least once a day. Restaurants are thoroughly cleaned and disinfected regularly, and food and beverage service areas that do not have set service times are cleaned at least once during every shift, typically every 4 to 6 hours. Other common areas like pool decks and fitness centers are also cleaned regularly throughout the day.

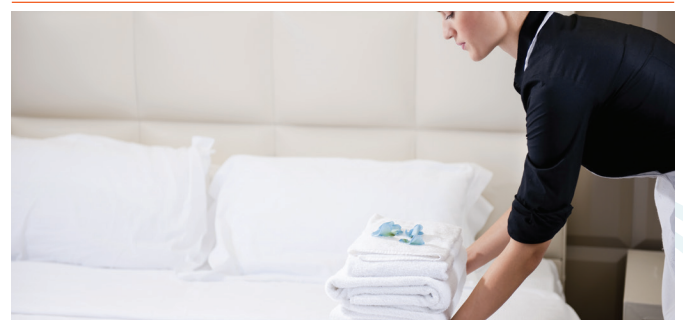
When passengers disembark, the entire ship is cleaned and disinfected from top to bottom in a rigorous "turn around" process to prepare for the next voyage.

Q. How are crewmembers trained in health policies and practices?

A. Crewmembers must be trained in first aid and health policies on board. Crewmembers that will handle food or have guest care or housekeeping responsibilities receive even more rigorous training. Crewmembers must be re-trained regularly, and given refresher training when they return from shore leave or time away from the ship. Cruise lines keep careful records to help ensure that crewmembers are properly and thoroughly trained.

Q. Are crewmembers given health screenings? What happens if a crewmember falls ill?

A. Just like passengers, crewmembers are given health screenings. Crewmembers are also trained to contact their supervisors and medical staff immediately, and separate themselves from other passengers and crew, if they are ill. Medical staff carefully monitor their condition and provide them with any treatment they may need. Crewmembers may not resume their duties until they have been symptom-free for at least 24 hours; any crewmember who handles food must be symptom free for 48 hours or more before they may return to work.



Q. Do cruise ships undergo health inspections?

A. Cruise ships receive at least two unannounced health inspections from public health authorities every year, as well as three or more formal internal inspections.

Q. What happens during an inspection?

A. Public health inspectors review thousands of health indicators on board, ranging from refrigeration temperatures to pool chemical levels. In a general inspection, every part of the ship will be inspected, including the bridge, engine room, medical center, cabins, and galley. The inspection team will also interview crewmembers to ensure that they are properly informed and that health policies are followed to the letter.

Q. How do cruise lines work with public health authorities?

A. In addition to the regular ship inspections by the U.S. Centers for Disease Control and Prevention (CDC), and other public health authorities, cruise lines voluntarily report a

variety of information to the CDC. CLIA and its members also collaborate with the American College of Emergency Physicians (ACEP) to develop and implement guidelines on cruise ship medical facilities.

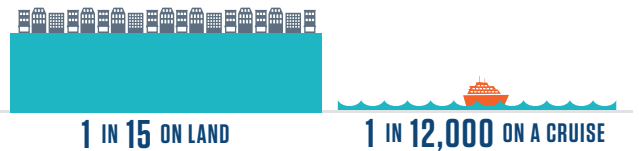
Q. What is norovirus?

A. Norovirus is a common stomach bug that is one of the most prevalent illnesses on land, second only to the common cold in the U.S. Most cases of norovirus are not serious and most people recover within one or two days.

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CRUISE SHIPS: EQUIPPED FOR HEALTH

Prepared and proactive when it comes to the health and wellness of passengers and crew.

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CREW

- Onboard staff are trained in first aid and the ship's public health policies, with even more rigorous training for food handlers and housekeeping staff.
- Crewmembers receive regular refresher training on health and wellness responsibilities.
- Ongoing and thorough training is monitored through extensive record-keeping by cruise lines.



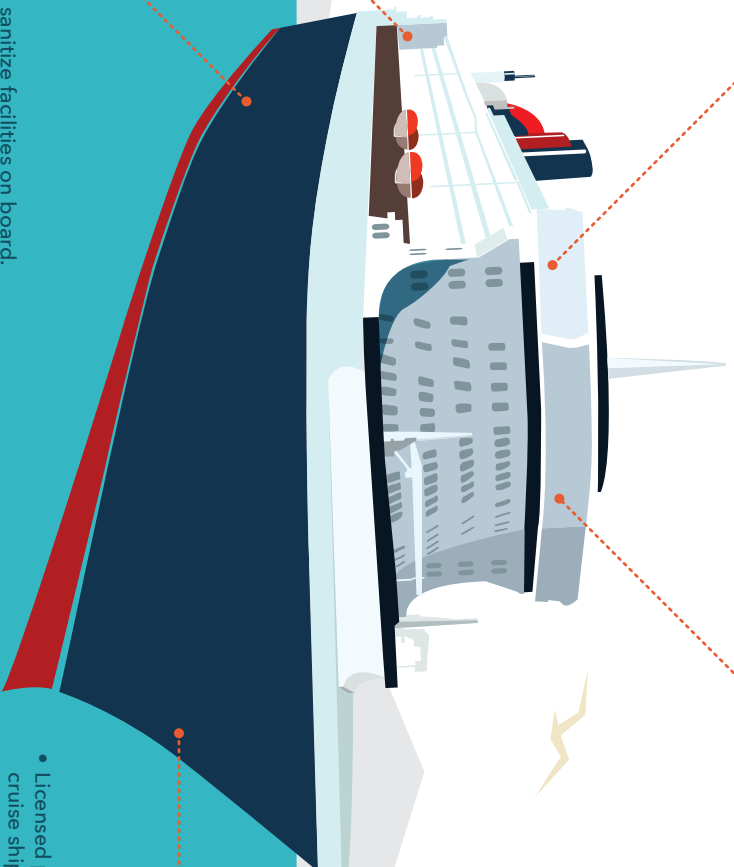
PASSENGERS

- Passenger health screenings are conducted prior to boarding.



CLEAN SHIPS

- Cruise ships must extensively and regularly clean and sanitize facilities on board.
- Cabins are thoroughly cleaned and disinfected at least once daily, while restaurants and other common areas are cleaned multiple times a day.
- After every cruise, crew members clean the ship from top to bottom to prepare for the next voyage.



COLLABORATION & OVERSIGHT



- CLIA and the cruise industry work collaboratively with the U.S. Centers for Disease Control and Prevention's (CDC) Vessel Sanitation Program (VSP) to implement comprehensive sanitation practices.
- As part of the VSP program, cruise ships are subject to at least two unannounced inspections per year, in addition to three or more internal inspections from the cruise line.
- CDC inspectors review thousands of health indicators on board, ranging from food refrigeration temperatures to pool chemical levels. Every part of the ship can be inspected.
- CLIA members implement health and emergency practices developed in partnership with the American College of Emergency Physicians.

MEDICAL RESOURCES



- Licensed physicians and registered nurses must be available on cruise ships.
- Larger ships have up to 5 nurses and 3 physicians on staff.
- Clinical staff members must be certified in advanced life support.
- All ships must have defibrillators, cardiac monitors, X ray machines, and lab equipment.

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CDC report debunks myth about the norovirus on cruise ships



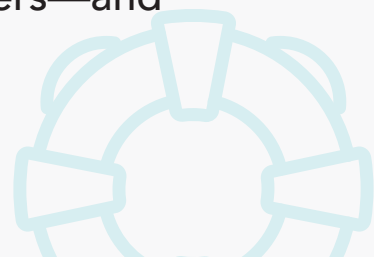
By **Christine Duffy**
CEO of Cruise Lines International Association
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The recent release of a report on norovirus from the Centers for Disease Control (CDC) underscores what the cruise industry has known and communicated for a long time: the occurrence of norovirus on cruise ships is rare and it is dramatically lower than the number of incidents on land.

Norovirus is often referred to as a “stomach bug,” and the symptoms typically last between 24 and 48 hours. It is second only to the common cold in terms of its prevalence, and is generally not considered a serious illness.

According to the CDC, there are about 20 million cases of norovirus annually on land in the U.S. This means that Americans have about a 1 in 15 chance of getting norovirus even if they never step foot on a cruise ship.

The latest CDC report provides the strongest evidence to date that cruise lines are going to great lengths to protect the health of passengers—and succeeding.



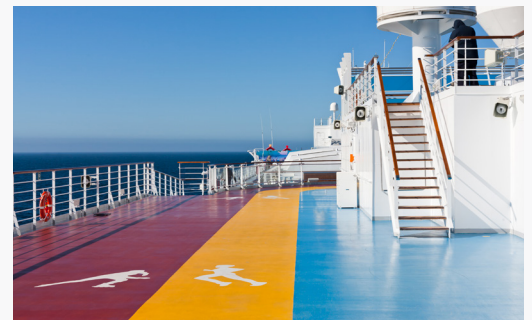
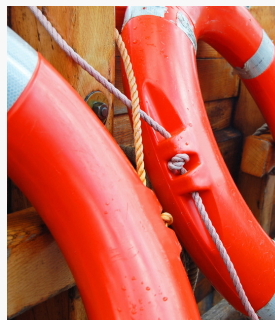
Now, let's look at the record of the cruise industry. In 2013, 10.1 million people embarked on a cruise from a U.S. port. There were four norovirus outbreaks involving about 834 passengers. That amounts to approximately 1 in 12,000 passengers, compared to 1 in 15 people who get norovirus on land every year.

In my opinion, the CDC report confirms that the cruise industry's relentless focus on keeping ships clean is working to keep passengers healthy. The process starts even before a ship leaves port with the screening of passengers for any illnesses they may have contracted on land. Passengers are also reminded to wash hands regularly, just as people should do on land, and hand sanitizers are located throughout a ship for convenience. If someone does become ill, cruise ships have physicians and nurses on hand to treat them.

Cruising is the only sector of the hospitality industry that works directly with the CDC to proactively monitor and report cases of norovirus, even though it is rare on cruise ships. The industry does this in order to collaborate with the CDC on how to continuously improve preventative measures.

Recent sensationalized news stories about norovirus outbreaks on cruise ships simply don't fit the facts. The latest CDC report provides the strongest evidence to date that cruise lines are going to great lengths to protect the health of passengers—and succeeding.

Christine Duffy is President and CEO of Cruise Lines International Association (CLIA).



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