

# PRE-TRIP HEALTH SCREENING

IT IS ALMOST TIME TO TRAVEL! AS YOU ARE TRAVELLING DURING THE TIME OF COVID-19, WE WANTED TO HELP PREPARE FOR YOUR UPCOMING DEPARTURE WITH SOME HELPFUL INFORMATION:

- Plan to travel with your own supply of masks. We'll have some available if yours is lost or forgotten, but you'll be much more comfortable in masks you've chosen for design and comfort.
- Plan to bring a supply of hand sanitizer and disinfecting wipes. We'll provide these on the ship, but it's also important that you carry a supply with you throughout your trip.
- As part of our pre-trip health screening, you will be asked to review and acknowledge the health screening provided below prior to embarkation.

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## *All guests acknowledge:*

- You must wear a face covering that fully covers both your nose and mouth when physical distancing is not possible and/or as local regulations require. This likely includes while moving about the ship's corridors, disembarking for excursions, and while participating in certain excursions. Your Cruise Director and ship's Crew will provide guidance as to current regulations and recommendations.
- Your temperature will be taken as part of our screening process and may be taken as part of the screening process at venues you visit during your cruise.
- You have not been diagnosed with COVID-19 in the last 21 days.
- You have assessed yourself for COVID-19-related symptoms, and have experienced none of the following in the last 14 days:
  - Known temperature of 38 C/100.4 F or higher
  - Cough (excludes symptoms from a pre-existing condition)
  - Shortness of breath/difficulty breathing (excludes symptoms from a pre-existing condition)
  - Chills
  - Muscle pain (unrelated to a specific activity or incident)
  - Sore throat
  - Diarrhea, vomiting and/or nausea
  - Recent loss of taste or smell
- You have not been denied boarding by an airline due to COVID-19 exposure in the last 14 days.
- You have not had close contact with someone who tested positive for COVID-19 or who has experienced symptoms as described above in the last 14 days.

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**We are committed to your health and well-being throughout your time with us, and we look forward to welcoming you on board for your upcoming trip and throughout your journey, on a safe and enriching travel experience.**

**If you do not meet these criteria, we ask that you contact us at 03330165 645 to discuss your options prior to departure.**