



## **TOP 10 WAYS TO STAY HEALTHY ON A CRUISE**

### **1. WASH YOUR HANDS.**

The number one way to avoid getting Norovirus or other illnesses on a cruise is to thoroughly wash your hands – more than you ordinarily would – before and after you eat, after you use the restroom, when returning to the cruise ship after a day in port and every time you touch a stranger or an oft-touched item like a stairway railing or a slot machine.

### **2. DRINK THE WATER**

Staying hydrated is a great way to stay healthy, whether it's during a hot day at the beach or in the stale air of an airplane on the way to your port of embarkation. Bring a reusable water bottle, and fill it up in the ship's buffet breakfast restaurant, or buy beverages ashore. If you are especially prone to dehydration in hot weather, try a sports drink like Gatorade, which contains electrolytes.

### **3. DON'T DRINK THE WATER**

I know we just told you to drink a lot of water, but in some destinations, it is not necessarily safe to drink local water. Check the U.S. State Department's Web site for country-specific travel warnings; the section on "Medical Facilities and Health Information" will mention any restrictions on drinking water. In these destinations, you will want to drink only beverages in sealed bottles. Also, avoid ice and fruit where you would eat the skin as well as uncooked vegetables.

### **4. FIGHT JET LAG**

You don't want to miss out on the first half of your cruise because you are so jet lagged that you are not sleeping well or sleeping at all the wrong hours. While everyone's body handles jet lag differently, one recommendation is to arrive at a far-away cruise port a day or two in advance. Other tricks include not taking a nap on your first day and staying up until a reasonable bedtime; spending a lot of time outside to take in as much natural light as possible; and choosing a medical remedy, such as melatonin, which helps your body's circadian rhythms adjust to a new time zone. (Just check with your doctor to make sure this option is right for you.)

## **5. WEAR SUNSCREEN**

You can just as easily get burned walking the streets of Europe in the summer, kayaking or scenic cruising in Alaska, and doing just about anything in the strong sun of Australia as you can by sun-lounging poolside.

## **6. PACE YOURSELF AT THE BUFFET.**

It's very easy to eat yourself sick on a cruise ship, and night after night of rich, multi-course meals can take its toll on your tummy. You are less likely to feel queasy, bloated, or sluggish if you eat wisely onboard. Plus, you won't come home weighing 10 pounds more than you did before vacation. If you eat at a slower pace, you will more thoroughly enjoy your food. Just make sure to stop eating when you are full.

## **7. CHEW GINGER CANDIES**

Or eat green apples, head outside for fresh air, look at the horizon, or book a low-deck, mid-ship cabin. Why? All of these tricks are ways to beat seasickness. You can also take over-the-counter meds like Dramamine, or ask your doctor about the Transderm patch. Taking a PeptoBismol tablet one day prior to departure and one each day of your cruise will also help avoid an upset stomach.

## **8. TAKE THE STAIRS**

It's quite tempting to become a daiquiri-guzzling, lounge chair-hogging, late-sleeping, food-demolishing couch potato on a cruise – especially on warm-weather itineraries with lots of sea days. And, while you shouldn't have to spend precious vacation hours sweating it out in the gym, it's not a bad idea to slot a little bit of movement into your lazy, crazy days of cruising. One easy way to do this is to take the stairs. Not only will you use your muscles a bit every day, but you won't have to stand around waiting for an elevator. Another option is to take advantage of the promenade deck or outdoor jogging track to take a brisk walk.

## **9. GO EASY ON THE ALCOHOL**

If you are looking to stay healthy onboard, excessive drinking is not the way to do it. Try to avoid boozing it up until you are sick or so drunk you can't get back to your cabin. A hangover is the least of your worries – excessive drinking can put you at risk of getting into a fight, becoming sexually compromised, or even falling overboard. If you do plan to party, designate one of your travel companions as the sober one who can watch over the group and keep everyone safe.

## **10. TELL THE TRUTH**

Our last tip is more about keeping everyone else healthy. Many cruise-ship illnesses come onboard on embarkation day with each new crop of passengers. These days, most lines ask guests to fill out forms indicating whether they have experienced certain symptoms in the past week. If you have been feeling under the weather, please answer these questions honestly.