

# Keeping Your Hands Clean on a Cruise

To stay healthy and clean, wash your hands with warm water and soap.

## When to wash your hands:

Before:

- Touching your hand to your mouth, including
  - » Eating,
  - » Drinking, and
  - » Brushing your teeth.
- Helping a sick person.

After:

- Going to the bathroom.
- Changing diapers.
- Touching high-hand contact surfaces such as
  - » Door knobs,
  - » Elevator buttons, and
  - » Railings.
- Returning to your cabin.
- Helping a sick person.
- Blowing your nose.

## How to wash your hands:

1. Wet your hands with warm water.
2. Apply a generous amount of soap.
3. Rub your hands together for 20 seconds.
4. Rinse your hands.
5. Dry your hands with a paper towel.
6. Use the paper towel to turn off the faucet and open the door.



## What about alcohol-based hand sanitizers?

- CDC recommends that cruise ship passengers use warm water and soap to wash their hands. Washing is always best.
- If water and soap are NOT available (perhaps on excursions), use an ethanol alcohol-based hand sanitizer, preferably in a gel form. The sanitizer should be at least 62% ethanol. Hand sanitizers do not get rid of all types of germs.

CDC's Vessel Sanitation Program helps the cruise industry control and prevent the spread of gastrointestinal illnesses aboard cruise ships and assists them in monitoring ships if they have an outbreak. Learn more about CDC's Vessel Sanitation Program at [www.cdc.gov/nceh/vsp](http://www.cdc.gov/nceh/vsp).

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