



health advisory

These are the updated COVID-19 protocols we are implementing across our Princess North American fleet effective March 1, 2022 in response to the CDC's updated Program for Cruise Ships Operating in U.S. Waters.

Dear Princess Guest,

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

To stay healthy, please follow these precautions:

- We recommend guests wear face masks while indoors, except when eating or drinking or in their own staterooms. Health experts advise you use a higher-grade mask while indoors such as KN95 or surgical. Complimentary masks are available for your convenience. If you need a mask, please ask your stateroom steward, make a request using CrewCall™ Chat, order one on your MedallionClass app, or visit Guest Services. We recommend you change your mask every 3-4 days or when soiled or difficult to breathe through.
- In addition, we require guests to wear a mask in specific venues and during certain activities around the ship and on shore. These include the Princess Theater, Casino, and Medical Center, during the entire embarkation and debarkation process at the home port and ports of call, during any Princess-organized shore excursions and while on any transportation vehicles or water shuttles in ports.
- Masks are not required to be worn outdoors on board; however, each destination may require additional local health protocols.
- 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.
- Always cover your nose and mouth with a tissue when you cough or sneeze. If no tissues are immediately available, sneeze or cough into the top of your arm rather than your hands.

While ashore:

- Avoid spending time indoors when ashore. If you need to go indoors, wear a mask and limit your time inside.

- Keep a physical distance of 2 meters (6 feet) from others where possible.
- If you are not on a Princess-organized shore excursion and need to use transport, use shared rides with your travel group and all wear masks while in the vehicle. Avoid large gatherings and crowds of people, as well as public transport such as buses or trains.

COVID-19 vaccines are effective at preventing infection and severe disease however, breakthrough infections are still possible.

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 diarrhoea.

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. Testing requirements may change without notice.

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