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Health Tip: Stay Healthy on a Cruise

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Cruise ships, where many passengers may be confined in a rather small space, can be an ideal place to spread germs.

The U.S. Centers for Disease Control and Prevention offers these suggestions to help you avoid getting sick -- or spreading disease -- on your next cruise vacation:

- Wash your hands with soap and water frequently, and always before eating and after going to the bathroom.
- Be cautious when choosing food to eat on ship. Take note of cleanliness and any inspection scores of eating areas before you dine.
- If you get sick on the ship, let the medical staff on board know about your illness. Ask the staff to recommend how you should treat your illness and help reduce the potential for transmitting it to others.
- If you get sick before you board the ship, talk to your doctor and the cruise line about your options.

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