



## HEALTH ADVISORY

5 June 2012

Dear Cunard Guest,

As you will have seen from recent media coverage there has been a significant increase in the numbers of reported cases of gastrointestinal illness both in the United Kingdom and in the United States.

The health of our guests and crew is of the utmost importance to us and we have in place robust policies and procedures which have been designed to prevent the spread of infectious illnesses which include respiratory illnesses (such as colds and influenza) and the most commonly reported gastrointestinal illness called Norovirus. These procedures have been developed in conjunction with the United Kingdom Health Protection Agency and the United States Center for Disease Control and Prevention (CDC) and are known to be effective.

In order to prevent problems with such illnesses whilst you are onboard with us you are likely to notice enhanced sanitation measures around the ship during the first few days of this voyage. We have in addition ensured stringent sanitation measures today in the embarkation hall. To assist us with these preventive measures, we strongly recommend and ask for your full cooperation with the following:

- To prevent person-to-person spread of viruses, please ensure that you **wash your hands** frequently and thoroughly with soap for at least 20 seconds, rinse them well under running water and carefully dry them. Please ensure that you follow this procedure each time you use the toilet, after coughing or sneezing and before eating, drinking, or smoking. Avoid touching your mouth.
- Please **attempt** to always use the bathroom facilities in your own stateroom.
- In addition to hand washing, please also use the **alcohol hand gels** where available and before eating in the buffet and restaurants.
- Should you experience any symptoms of vomiting or diarrhoea, or respiratory symptoms (fever, chills, cough, and sore throat) please return to your stateroom and **report this by immediately contacting the Medical Centre** by dialling 999/911.
- If you do have respiratory symptoms:
  - Catch It** - Always cover your nose and mouth with a tissue when you cough or sneeze.
  - Bin It** - Throw the tissue in a rubbish bin after you use it. If no tissues are immediately available, sneeze or cough into the top of your arm rather than your hands.
  - Kill It** - Wash your hands thoroughly with soap and water as soon as possible to kill the germs.

Thank you for taking the time to read this very important information. The success in controlling the possible introduction and spread of any illness on board relies heavily on the cooperation of you and your fellow guests. We hope you understand that we have provided these recommendations in order to ensure that your voyage is as enjoyable as possible.

Yours faithfully,

A handwritten signature in black ink, appearing to be 'Kate Bunyan'.

Dr. Kate Bunyan  
Medical Director