



## HEALTH AND SAFETY GUIDELINES FOR CRUISES DEPARTING FROM U.S. PORTS

In accordance with CDC guidelines, our cruises departing from U.S. ports are available for guests who have received their final dose of an approved COVID-19 vaccine at least 14 days prior to the beginning of the cruise and can produce a negative viral COVID-19 test (PCR or antigen) result taken within 2 days of their embarkation.


On board we will continue to offer the award-winning cruise experience that Holland America Line is known for. All of our dining options will be available (our team will serve you at all times, even in the Lido Market), including inroom dining. Entertainment will be in full swing throughout all our popular live music venues and World Stage, along with engaging activities and destination enrichment programming.


### BEFORE CRUISING


 **Review All Travel Protocols**  
Ensure that you understand requirements for traveling from your home country to the destinations you plan to visit (including air travel policies). Please also review the [prohibited items list](#) prior to leaving home.

 **Online or Navigator® App Check-in**  
Download the Navigator app or log into [hollandamerica.com](http://hollandamerica.com). Complete the Vaccine Attestation, Cruise Contract and Risk Acknowledgment as soon as possible. Complete the pre-cruise Health Questionnaire and get your boarding pass and check-in time 72 hours before embarkation.


### EMBARKATION

 **Required ID and Documents**  
Bring your [required ID](#) and show completion of your health questionnaire and risk acknowledgement.


 **Proof of COVID-19 Vaccination**  
The following are acceptable proofs of full vaccination: original COVID-19 vaccination card, digital COVID-19 certificate (QR code acceptable); or record of COVID-19 vaccination from a healthcare provider including original digital email notification, personal electronic health record, or government Immunization Information System (IIS) record.


 **Proof of Negative Viral Covid-19 Test**  
All guest are required to produce a negative medically observed COVID-19 test (PCR or antigen) taken within 2 days of embarkation.


### WHILE CRUISING


 **Masks**  
All guests are required to wear masks at all times when indoors, except when eating or drinking or when in their own staterooms and when outdoors if in large gatherings and physical distancing cannot be maintained. As advised by health authorities, guests are recommended to use higher-grade masks indoors (such as surgical or KN95) that have two or more layers, completely cover the nose and mouth, fit snugly against the sides of the face and have a nose wire.


 **Shoreside Experiences**  
The ability for guests to go ashore in ports of call is controlled by the governments of the ports we visit based on their individual COVID-19 protocols and requirements, which are quickly evolving and being updated. All ports allow Holland America Line shore excursions. Some ports may also allow tours sold by port-authorized third-party operators or independent tours and exploration. Please be aware that as destination conditions change, you may be required to take a shore excursion provided by Holland America Line to go ashore.

 **Personal Hygiene**  
Guests will be encouraged to use hand-washing sinks and hand sanitizer dispensers at venue entrances and in high-traffic areas throughout the ship.

 **Enhanced Environmental Sanitization**  
Public areas and staterooms will be thoroughly and frequently cleaned using a safe disinfectant proven to kill coronaviruses.

 **Medical Care**  
Our onboard team of experienced doctors and nurses are trained to manage a broad range of medical conditions including COVID-19.

 **Ventilation**  
We have enhanced the air-handling systems on board our ships using a combination of increased circulation of fresh air together with upgraded air filtration.

 **Disembarkation Test**  
Complimentary COVID-19 test (antigen or PCR) administered in the morning at the terminal after disembarkation if it is required for re-entry into your home country.

You can also contact your nearest [health center](#), [pharmacy](#), [state health department](#), or transiting airport to learn more about their availability for COVID-19 testing.

**For more information**  
visit [cruise-connections.com](http://cruise-connections.com)  
or contact Cruise Connections Canada.