

# Cruise Ship Travel

## Motion Sickness:

This is not an issue with most modern cruise liners. However, if it occurs seek medical advice from ship's medical crew.

## Yellow Fever:

Yellow Fever certificates may be required for entry beyond the port for countries where yellow fever vaccination is mandatory but port stops in other countries where yellow fever is endemic should not require immunization.

The vaccine is one injection administered at least 10 days prior to departure. If you are still unsure, please contact your travel clinic.

## Malaria:

Please seek advice about the specific requirements of your trip and if anti-malarial prophylaxis are required for your destination or not. If you are limiting your trip to a daytime trip with no overnight stays, preventative measures like clothes, Insecticides are usually sufficient.



## For further information, please contact:

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مركز الأمراض الإنتقالية  
Communicable Disease Center

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## Introduction

The number of people traveling by sea has doubled in the last few years. Approximately 1 in 250 passengers' experience an illness aboard that requires medical attention.

## Advice for travelers

- If you are suffering from a chronic illness or recovering from a recent acute illness, you should contact the cruise line prior to travel to verify that they will have the staff and equipment to manage your illness if needed.
- Ensure you take an adequate supply of prescribed drugs for your trip and provide the cruise line's medical team a list of your medications.
- For pregnant women it is generally not advisable to travel during pregnancy. You should consult your carrier about their policy for pregnant women.

## Hazards Associated With Cruise Ship Travel

### Respiratory Infection

On a cruise, spreading of respiratory infection such as influenza (flu) is common.

If you are at risk, consider flu- and pneumococcal vaccines.

### Gastro-Intestinal Infection

- Gastro-enteritis is common. Symptoms include diarrhea, vomiting, abdominal cramps and fever.
- Transmitted through contaminated food, water and surfaces.
- Symptoms usually appear 12-48hrs post exposure and last 24-48hrs.
- Hand washing is the most important thing to do for prevention.

### Hepatitis A/Typhoid Vaccine

These are waterborne diseases and both vaccines are available in CDC travel clinic

### Other Hazards

#### Sunburn

It is easy to over expose to sun on cruise, which may lead to skin damage and sunburn.

#### Prevention includes:

- Avoid excessive sun exposure especially when the sun is hot, between 11:00-14:30
- Always wear sunscreen, hats and glasses.
- Use sun block creams with Minimum SPF 15 (30+ is recommended)
- Most importantly keep hydrated.