

Vessel Sanitation Program

Keeping Your Hands Clean on a Cruise

Factsheet  [PDF – 165 KB]

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To stay healthy and clean, wash your hands with warm water and soap.



When to wash your hands:

Before:

- Touching your hand to your mouth, including:
 - Eating and drinking,
 - Smoking, and
 - Brushing your teeth.
- Helping a sick person.

After:

- Going to the bathroom.
- Changing diapers.
- Touching high-hand contact surfaces, such as:
 - Door knobs,
 - Elevator buttons, and
 - Railings.
- Returning to your cabin.
- Helping a sick person.
- Blowing your nose.

How to wash your hands:

1. Wet your hands with warm water.
2. Apply a generous amount of soap.
3. Rub your hands together for 20 seconds.
4. Rinse your hands.
5. Dry your hands with a paper towel.
6. Use the paper towel to turn off the faucet and open the door.

What about alcohol-based hand sanitizers?

- CDC recommends that cruise ship passengers use warm water and soap to wash their hands. Washing is always best.
- If water and soap are NOT available (perhaps on excursions), use an ethanol alcohol-based hand sanitizer, preferably in a gel form. The sanitizer should be at least 60% ethanol.

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