



## HEALTH ADVISORY INFORMATION FOR GUESTS PUBLISHED JULY 2022

### Our assurance to you

Enhanced well-being measures

To help you to feel comfortable throughout your holiday, we've introduced enhanced health and well-being measures to protect everyone on board. These include:

- A vaccination and testing policy for all guests and crew
- Health screening at the cruise terminal
- Enhanced on-board ventilation systems to improve and increase filtration and fresh air
- Even higher levels of cleanliness and enhanced sanitation
- Plans in place to manage your medical needs

Our well-being measures can evolve as we work with experts and government bodies to respond to the latest advice, but rest assured our focus is always to protect the health and well-being of our guests, crew and the communities we visit.

For the latest information, please visit [www.pocruises.com/cruise-with-confidence](http://www.pocruises.com/cruise-with-confidence)

### Vaccine and testing policy

#### Vaccine policy:

**All guests aged 16 years and over** need to be fully vaccinated\* with an approved COVID-19 vaccine a minimum of 14 days prior to travel. If more than 270 days (calculated from the last day of the cruise) have passed since the full completion of a vaccination course, a booster vaccine will also be needed and must be administered a minimum of seven days prior to travel.

**Guests who have had one booster vaccine, regardless of the date, are considered fully vaccinated. At this time, a second booster vaccination is not required, however, we strongly recommend all guests to have booster vaccinations at the earliest opportunity, should they be available to them, in order to comply with evolving vaccine policies from the countries we visit.**

**All guests aged 12 to 15 years** need to be fully vaccinated\* with an approved COVID-19 vaccine a minimum of 14 days prior to travel. A booster vaccine is not required.

**Guests under 12 years of age** are not required to be vaccinated.

\*The definition of 'fully vaccinated' is having completed an approved (by the Medicines and Healthcare products Regulatory Agency (MHRA), European Medicines Agency (EMA) or the World Health Organization's Emergency Use Listing (WHO EUL)) two-dose COVID-19 vaccination course, or the approved single-dose Janssen COVID-19 vaccine (plus a booster if applicable).

### **Testing policy:**

Unless otherwise communicated, **guests aged five years and over** must take a lateral flow/antigen test within two days prior to embarkation of the ship. This can be at any time in the two days before or on the day of embarkation. Guests will no longer need to provide a test certificate, however, they will be asked to confirm the test has been taken, with a negative result, as part of the pre-boarding health declaration at the cruise terminal/airport. **Guests under five years of age** are exempt from pre-travel testing.

### **Accepted pre-cruise tests:**

Adequate tests include over the counter tests, providing they meet the criteria below. NHS tests are now only issued for those in medical need. However, if guests have any remaining NHS tests, these would be accepted.

- Rapid antigen test
- Viral antigen test
- Antigen Lateral Flow Fluorescence

Our vaccination and testing policy is reviewed on a regular basis and may be changed or enhanced at any time. In this instance, impacted guests will be contacted directly. At the time of travel, some ports may stipulate specific vaccine or testing policies for guests going ashore that differ from this policy.

In line with the vaccination and testing policy, all guests will be required to show proof of vaccination status at the terminal/airport prior to boarding which will be checked against the guest's photo ID. This can be either in digital or printed format (a screenshot is fine) and must be an official certificate of vaccine status issued by your local health authority e.g. NHS England. Please visit your relevant NHS or local health authority website for full details of how to get an official record of your vaccine status in advance of your holiday (some authorities require up to 10 days to process applications to receive postal certificates).

**The record card that is given out at the time of vaccination will not be accepted as proof of your vaccination status.** Unfortunately, failure to provide proof of vaccination at the terminal/airport will result in denial of boarding at your own expense.

### **Going ashore**

You're responsible for meeting the entry requirements of each destination and any venues you may visit ashore, regardless of whether you've booked a P&O Cruises shore experience or are exploring independently. Please retain your proof of vaccination status throughout your holiday and keep this to hand when going ashore in case it is required.

If testing is required to go ashore in certain destinations on your itinerary, we will organise this for you. These tests will be available to purchase on board at a cost of £18 per antigen test per person and £25 per PCR test per person. Currently, the majority of ports do not require entry testing.

We've put together an [A-Z destination guide](#) detailing the current requirements of each of the destinations we visit. All requirements are subject to change.

We will update our COVID-19 Hub as necessary and update all guests prior to their holiday departure date. Please do ensure that your preferences and contact details are up to date in the My Account section of our website.

## **Pre-existing medical requirements – what you need to know**

We strongly recommend that you review the UK government guidance prior to making travel arrangements; this can be found at [www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/](https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/)

If you have any existing medical requirements, we recommend you discuss your travel plans with your doctor. The information below may help guide the discussion and we suggest you have this with you at your appointment. We strongly advise you follow your doctor's expert advice regarding your fitness to travel,

particularly during this time. You should also be aware that if you don't follow your doctor's advice, your medical insurance may be deemed invalid.

We are following all the latest guidance to protect the health and well-being of guests, crew and the communities we visit. Unfortunately, we will be unable to accept guests who have the following medical requirements:

- Supplementary oxygen (including via oxygen concentrator)
- Mechanical ventilatory support (except for overnight CPAP for sleep apnoea)
- Dialysis
- Within 10 days prior to the cruise:
  - Have been unwell with confirmed or suspected COVID-19
  - Have been in close contact with someone with confirmed or suspected COVID-19

## Medical facilities on board

The ship provides a private medical service and staff, including doctors and nurses. Our medical facility has basic medications and equipment. Whilst we are able to offer an immediate medical response, it is important to understand that this isn't the same as would be available on land and there is no access to surgical or complex intensive care facilities, advanced imaging or medical specialists.

If an acute medical or surgical condition occurs, medical evacuations would be made where possible. All medical services are charged for and in the case of a medical evacuation, those costs can be substantial. It is for this, and other reasons, that comprehensive travel insurance is a requirement of travel – please see the section below.

## Medication

The ship's medical facility stocks basic supplies of emergency medications but a regular pharmacy service is not available. Guests should bring sufficient supplies of any regular medications with them, to last at least 14 days beyond their holiday.

## Travel and medical evacuation insurance

It's mandatory for all UK guests to have comprehensive cruise-specific travel insurance when you sail with us. Whilst we hope you never have to claim, the policy will ensure you're able to relax and enjoy your holiday with the peace of mind that you're protected should you need it. When travelling with us, your insurance must include medical cover of £2 million minimum and cover for emergency evacuations and medical expenses related to COVID-19. You must also ensure your policy includes full cover for any and all pre-existing medical conditions worldwide, or as a minimum, in the countries you are due to visit. You will be asked to confirm you have travel insurance at the terminal/airport and you may need to provide proof of your policy. It is your responsibility to ensure you have appropriate cover in place. Unfortunately, you will be denied boarding, at your own expense, if you do not arrange insurance.

P&O Cruises has partnered with Holiday Extras to offer appropriate comprehensive travel insurance cover for our holidays. For further details, visit [www.holidayextras.com/pocruises](http://www.holidayextras.com/pocruises)