

# PRE-TRIP HEALTH SCREENING

IT IS ALMOST TIME TO TRAVEL! AS YOU ARE TRAVELLING DURING THE TIME OF COVID-19, WE WANTED TO HELP PREPARE FOR YOUR UPCOMING DEPARTURE WITH SOME HELPFUL INFORMATION:

- Plan to travel with your own supply of masks. We'll have some available if yours is lost or forgotten, but you'll be much more comfortable in masks you've chosen for design and comfort. We recommend N95 (FFP2) masks.
- Plan to bring a supply of hand sanitiser and disinfecting wipes. We'll provide these on the ship, but it's also important that you carry a supply with you throughout your trip.
- As part of our pre-trip health screening, you will be asked to review and acknowledge the health screening provided below prior to embarkation.

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## All guests acknowledge:

**You must provide proof of the below prior to joining:**

- Full vaccination against COVID-19 in the form of written documentation (official vaccination card or official electronic copy through a verified electronic ID), in English. Vaccination documentation must include information that identifies the person and vaccination date(s). Check validity dates of your vaccination as booster shots may be required to keep your vaccination valid. Proof of full vaccination must show that official vaccination dose(s) were administered at least 14-days prior to the start of your first service purchased from the Globus family of brands. Avalon accepts vaccines authorised or approved by the World Health Organization (WHO), Centers for Disease Control (CDC), European Centre for Disease Prevention and Control (ECDC) or an official governmental body. Travellers may encounter additional requirements if their vaccine is not recognised by the travel destination. Additionally, certain countries and venues may have additional requirements, including boosters, and the possibility that even vaccinated travellers test negative to enter, so prior to travel, confirm your destination entry requirements to ensure compliance. According to the CDC, patients who have recovered from COVID-19 can continue to test positive up to 3 months after recovery even though they are no longer infectious. Therefore, vaccinated guests who have recovered from COVID-19 in the last 3 months are also required to bring documentation of recovery (original dated positive test result). Be sure to check country specific requirements as some countries accept proof of recovery in lieu of a negative test (in addition to proof of vaccination) while others do not. Importantly, this only applies to guests without COVID-19 symptoms; any guest with concerning COVID-19 symptoms while travelling will need to seek medical advice and may require a negative test to continue travel.

**For children who do not qualify for vaccination, one of the two forms of documentation are required to travel:**

- Verifiable negative COVID-19 test result in the form of written documentation (official paper or official electronic test results), in English. Testing must be performed by an entity recognised by your government of residence, using a viral test (NAAT/PCR or antigen). The test result documentation must include information that identifies the person, a specimen collection date and the type of test. A negative test result must show the test was done within 72 hours before the start of your first service purchased from the Globus family of brands.
- If you recovered from COVID-19 in the last three months, and have met the criteria to end isolation, you may travel instead with documentation of recovery, which includes a positive test result and a letter from your health care provider that states you have been cleared to end isolation (return to work, travel, etc.) The test result documentation and letter must include information that identifies the person, a specimen collection date and the type of test. A positive test result must show test was done within 3 months of the start of your first service purchased from the Globus family of brands.
- You must wear a face covering that fully covers both your nose and mouth when physical distancing is not possible and/or as local regulations require. This likely includes while moving about the ship's corridors, disembarking for excursions, and while participating in certain excursions. Your Cruise Director and ship's Crew will provide guidance as to current regulations and recommendations.
- Your temperature will be taken as part of our screening process and may be taken as part of the screening process at venues you visit during your cruise.
- You have not been diagnosed with COVID-19 in the last 21 days.
- You have assessed yourself for COVID-19-related symptoms, and have experienced none of the following in the last 14 days:
  - Known temperature of 38 C/100.4 F or higher
  - Cough (excludes symptoms from a pre-existing condition)
  - Shortness of breath/difficulty breathing (excludes symptoms from a pre-existing condition)



- Chills
- Muscle pain (unrelated to a specific activity or incident)
- Sore throat
- Diarrhea, vomiting and/or nausea
- Recent loss of taste or smell
- You have not been denied boarding by an airline due to COVID-19 exposure in the last 14 days.
- You have not had close contact with someone who tested positive for COVID-19 or who has experienced symptoms as described above in the last 14 days.

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**We are committed to your health and well-being throughout your time with us, and we look forward to welcoming you on board for your upcoming trip and throughout your journey, on a safe and enriching travel experience.**

**If you do not meet these criteria, we ask that you contact us at 0800 000 883 to discuss your options prior to departure.**

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