

# Ask CDC

## Set Sail

*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

Welcome to *Ask CDC*, the weekly podcast that answers *your* questions. I'm your host, Susan Laird.

Our question this week is from a listener who is going on a cruise with her family and wants to know if children in diapers or those not toilet trained can use the swimming pools on the ship.

CDC's Vessel Sanitation Program or V-S-P assists the cruise ship industry to protect the health and safety of your entire family during your cruise vacation. An important rule to protect the health of your family and others is to not allow children in diapers or who are not toilet trained to use swimming pools or whirlpool spas on cruise ships. Although wearing a swim diaper helps contain fecal matter, there is still a risk that it will get into the water. Other users could be exposed, possibly resulting in illness.

There are a few cruise ships that have pools with engineering designs that provide extra treatment, disinfection, and overall control of the fecal release anticipated by children in diapers. These pools have been reviewed by the V-S-P and are approved for use by children in diapers or who are not yet toilet trained. The ships include Disney Magic, Disney Wonder, Freedom of the Seas, Independence of the Seas, Liberty of the Seas, and Oasis of the Seas.

There are other things you and your family can do to stay healthy while having a good time on a cruise:

- Wash your hands and encourage your children to wash their hands frequently, especially after using the toilet and before eating and,
- Avoid eating or drinking anything you think may make you or your children sick.

If anyone in your family feels sick before your cruise, it's important that you visit a healthcare provider. If you or members of your family get sick during a cruise, immediately notify the medical center onboard the ship. The CDC V-S-P website has a lot of resources and information to help protect your family's health during your vacation. For more information on the Vessel Sanitation Program, visit [www.cdc.gov/nceh/vsp](http://www.cdc.gov/nceh/vsp) or call 1-800-CDC-INFO.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*