



Despite the latest news of nearly 500 people getting sick on a Caribbean Cruise ship, the Centers for Disease Control and Prevention have stated it's happening less frequently. Researchers say passengers during the past year suffered less of the problems, primarily gastrointestinal, that last for several uncomfortable days. The most vulnerable to be affected on cruises are children and seniors.

Of course, some of the more unpleasant incidents are caused by seasickness when the ship rides through rough seas. However, many are due to flu bugs already infected passengers bring aboard. Especially in the winter, before they get to the ship they're exposed to heavy crowds in airports and on commercial flights.

Also, the same symptoms of upset stomach happen when passengers overindulge in unfamiliar foods and drinks aboard the cruise and from street vendors in port cities. If you're planning a cruise, try to avoid crowds and potentially bad food and booze. Just in case, take some seasickness and other what-if pills along with you.