

SAFE TRAVELS HAWAI'I QUICK FACTS

Domestic Trans-Pacific Travel



14-Day Quarantine

To Bypass Quarantine:

- Show proof of negative test result upon arrival or remain in quarantine until received
- Must take a nucleic acid amplification (NAAT) pre-travel test within 72 hours from the final leg of departure. **The State of Hawai'i will accept test results ONLY from TRUSTED TESTING AND TRAVEL PARTNERS.**
- Applies to all passengers ages 5 and over; travelers pay for test
- Must complete Safe Travels Hawai'i online form prior to arrival
- Or other exemption provided by the state
- Travelers arriving in Hawai'i with pending test results will remain in quarantine until negative test results uploaded to the Safe Travels Hawai'i account and Safe Travels Hawai'i issues confirmation by email that traveler is removed from quarantine

Second Test After Arrival

City and County of Honolulu
Not required

County of Hawai'i
Required at airport up to 25% without quarantine; free

Maui County
Voluntary 72 hours after arrival; free

Kauai County
Voluntary 72 hours after arrival; free

Traveling Inter-Counties (between counties)



14-Day Quarantine

To Bypass Quarantine:

- **Traveling into City and County of Honolulu**
No test and no quarantine required
- **Traveling into County of Hawai'i**
OPTION 1: Pre-test 72 hours prior to departure, same requirements as domestic Trans-Pacific; **OR**
OPTION 2: Post-arrival test in quarantine until negative test received and verified. May break quarantine to test.
- **Traveling into Maui County**
Pre-test 72 hours prior to departure, same requirements as domestic Trans-Pacific
- **Traveling into Kauai County**
Pre-test 72 hours prior to departure, same requirements as domestic Trans-Pacific
- Or other exemption provided by the state or county

International Trans-Pacific Travel



14-Day Quarantine

To Bypass Quarantine:

- **Travelers from Japan**
Pre-test 72 hours prior to departure, same requirements as domestic Trans-Pacific
- Currently no other pre-travel test exemptions

For more information, visit
HawaiiCOVID19.com
1-800-GOHAWAII

Completing the state of Hawai'i's Safe Travels Hawai'i program application form and obtaining your QR code(s) for Hawai'i airport processing **PRIOR TO** departure will significantly reduce your arrival airport screening and processing time.

11.7.20

THE DAYS OF NOAH'S ARK IN THE AIR ARE HOPEFULLY COMING TO AN END

The Department of Transportation announced Wednesday it will revise rules around flying with emotional support animals and will no longer consider them to be service animals, which are required by law to be allowed to fly with passengers on commercial airlines.

The revised Air Carrier Access Act rules define a service animal as "a dog that is individually trained to do work or perform tasks for the benefit of a person with a disability," according to a release from the U.S. DOT.

The DOT notes it no longer considers an emotional support animal to be a service animal, paving the way for airlines to ban them if they don't fit established rules about pets.

Policies will be set by individual airlines but must conform to the DOT rules, which will go into effect 30 days after the final ruling is published in the Federal Register, though that date has not yet been announced.

The changes are a departure from the previous DOT guidance issued last year, which said that airlines could not restrict passengers from traveling with emotional support animals, nor could they ban a specific breed or species of support animal.

Airlines are currently prohibited from refusing service dogs based on their breed, and that prohibition will continue under the new rules.

Airlines have also questioned whether some passengers may be trying to pass off their pets as support animals – be they cats, rabbits or birds, among others – in order to avoid paying the associated fees.

The new DOT rule will allow airlines to require people flying with a service animal to fill out a form up to 48 hours in advance of travel. They'll also be allowed to require a service animal to fit within its handler's foot space on the plane, which could be problematic for larger service animals.

Flight attendants had pushed to rein in support animals, and they too were in favor of the rule.





**A Private Journey to Ireland featuring
Belfast and Giants Causeway
Escorted by Father Kevin Daley
October 21 -29, 2021**

Many of you have traveled to Ireland before but you now have the opportunity to explore the sites, history and famous landmarks of Ireland's northern coast including the chance to celebrate Mass at the Knock Shrine with Father Kevin.

Our private tour includes:

Round trip airfare on United from Newark to Dublin (including all current government fees and taxes), private motor coach with professional driver/guide, seven first class hotel nights as indicated: (2-Westport, 1-Donnegal, 2-Belfast & 2-Dublin) with private facilities and full Irish breakfast each morning including day of arrival. Six dinners including Taste n' Tour Belfast and a dinner show at Taylors Three Rock. Highlights include: Cliffs of Moher, Achill Island, Mass at Knock Shrine, Giants Causeway, Guinness Brewery, Titanic Belfast along with a city tours Belfast, Dublin and Derry.

\$3,499 Per person double (based on a minimum of 20 passengers) plus insurance \$250 (Limited number of singles with a surcharge of +\$600 with +\$50 additional insurance)

Passports are required and insurance is suggested

For more information or to secure your reservation, please contact:
Tara at Home Town Travel, 128 Bartlett Avenue, West Creek, NJ 08092
(609) 597-5100 or email Tara at t.l.gaffney@comcast.net





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NEW ORLEANS TO MEMPHIS

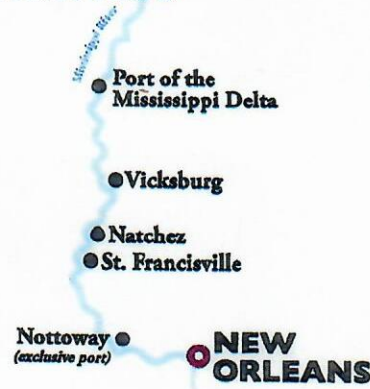
October 3 - 11, 2021



9-DAY ITINERARY

- Day 1: Sun New Orleans, LA
Hotel Stay
- Day 2: Mon New Orleans, LA
Depart 5:00 p.m.
- Day 3: Tue Nottoway Plantation
- Day 4: Wed St. Francisville, LA
- Day 5: Thu Natchez, MS
- Day 6: Fri Vicksburg, MS
- Day 7: Sat. Port of the
Mississippi Delta
- Day 8: Sun River Cruising
- Day 9: Mon Memphis, TN
Disembark 8:00 a.m.

MEMPHIS



Special Rates:

- Cat. B – Outside Stateroom w/ Veranda: \$ 3,899
- Cat. C - Outside Stateroom w/ Veranda: \$ 3,599
- Cat. D – Deluxe Outside w/ Bay Window: \$ 3,299
- Cat. E – Inside Stateroom: \$ 2,299

Rates are per person based on double occupancy
Port Fees are additional @ \$199 per person

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FOR BOOKING INFORMATION, PLEASE CONTACT

Nancy Schott | (609) 597- 5100 | hometowntravel@comcast.com

Unless specified otherwise fares quoted are in U.S. Dollars, are per person based on double occupancy and do not include government taxes and fees, port charges, gratuities, airfare, insurance, personal expenditures or transportation costs incurred while traveling to and from embarkation ports. Promotional fares and amenities are capacity-controlled, may vary by sailing and category of accommodations and may be withdrawn without notice. The American Queen,® American Empress,® American Duchess™ and American Countess™ are operated by the American Queen Steamboat Company,LLC; are regularly inspected by the U.S. Coast Guard; are of American Registry; and employ American officers, crew and staff.

LESSER KNOWN AMERICAN MONUMENTS

1. THE FIRST VOLCANIC MONUMENT IN THE U.S. AND IS AN ACTIVE STRATO VOLCANO IN WASHINGTON STATE. THIS 110,000 ACRE SITE WAS ESTABLISHED AS A MONUMENT FOR RESEARCH, RECREATION AND EDUCATION TWO YEARS AFTER IT ERUPTED IN 1980.
2. STANDING AT 1,267 FEET IN NORTHEAST WYOMING, PRESIDENT THEODORE ROOSEVELT ESTABLISHED THIS AT THE FIRST NATIONAL MONUMENT IN 1906. WHAT IS IT?
3. THIS NATIONAL MONUMENT PRESERVES ANCESTRAL PUEBLO STRUCTURES IN NORTHWEST NEW MEXICO AND DATES BACK TO THE 11TH AND 13TH CENTURIES. A UNESCO WORLD HERITAGE SITE SINCE 1987.
4. LOCATED WITHIN THE BLUE MOUNTAINS OF OREGON AND KNOWN FOR ITS WELL-PRESERVED LAYERS OF FOSSILS, PLANTS AND MAMALS THAT SPAN OVER 40 MILLION YEARS. THE PAINTED HALL IS PART OF THE PARK.
5. THE OLDEST MASONARY FORT IN THE CONTINENTAL U.S. IS LOCATED ON THE SHORE OF MATANZAS BAY IN ST. AUGUSTINE, FL.
6. ONE OF THE BEST-PRESERVED CLIFF DWELLINGS IN NORTH AMERICA, THIS 20 ROOM STRUCTURE IS NESTLED IN THE TOWERING LIMESTONE CLIFFS OF ARIZONA.
7. LOCATED IN NEBRASKA, THIS NATIONAL MONUMENT IS COMPOSED OF LIVE ROCK FORMATIONS AND IS AN IMPORTANT 19TH CENTURY LANDMARK ON THE OREGON TRAIL.
8. LOCATED IN MARYLAND, THIS STAR SHAPED FORT IS BEST KNOWN FOR ITS ROLE IN THE WAR OF 1812 IN PROTECTING THE HARBOR. IT WAS DURING THAT ATTACK THAT FRANCES SCOTT KEY WROTE THE STAR-SPANGLED BANNER.



**Please
wear a mask.**

Stay Safe. Stay Healthy.

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6. Tonto National Monument, 7. Scott's Bluff, 8. Ft. McHenry

YOU THOUGHT ABOUT THIS BUT PROBABLY NEVER ASKED...

Over the years, I have had many travelers ask me is it OK to drink the water in places as they are worried about what is commonly referred to as 'Montezuma'. Believe it or not, most often the situation is totally opposite. I recently read this and thought it might be worth repeating. Keep in mind that I am not a doctor and I am not dispensing medical advice but here is some information that might come in handy. Talk about a full-service travel agency!

A GI doctor explains why so many people get "vacation constipation."

You blocked off a week, enabled your out-of-office email reply, and mentally high-fived yourself for taking a much-deserved break. Now that you are on your trip, you should be feeling great—yet something is just a little off.

Maybe you feel bloated, gassy, or even have some stomach pain. And now that you think about it, it has been a few days since you have gone number two.

What's going on? It's called vacation constipation (aka travel constipation), and experts say it's super common, even if you're the type who never has trouble pooping. So why does it strike when you travel? "A lot of times it's just the change in routine, coupled with the extra stress of traveling," says gastroenterologist Vijaya Rao, MD, assistant professor of medicine at The University of Chicago School of Medicine.

Vacation constipation can start while you are in transit; taking a long road trip or plane ride often means limited access to bathrooms (especially the clean and comfortable variety). Once you are settled into your hotel, it's still not quite home, so your bowels might be feeling shy. Dietary changes are also a major factor, since you are probably eating different foods than you do at home.

Sleep disruptions—especially if you've changed time zones or ended up on a lumpy pull-out sofa—can also impact your ability to poop regularly, as research has found an association between sleep disturbances and bowel symptoms.

While vacation constipation isn't the worst thing that can happen when you're away from home, it's not exactly fun. Luckily, there are ways to prevent it or get your bowels moving again if it does strike. Here is your 3-part plan.

Before your trip: consider probiotics

Dr. Rao says more research is needed, but it can't hurt to take a probiotic supplement or eat yogurt with live cultures before you hit the road. For best results, get into the habit of consuming probiotics (kimchi, sauerkraut, tempeh, and yogurt are good options) at least a few days before you leave home and continue throughout your time away. Some research suggests that the good bacteria in probiotics might soften stools and ease constipation.

In transit: Get out of your seat often

If you're flying, don't just sit there: get up and walk the aisles to keep the blood flowing in your legs and well as in your gut. If you're traveling by car, take frequent breaks to stretch your legs for a few minutes. "Regular exercise promotes daily bowel movements," says Dr. Rao.

Meanwhile, avoid the urge to nibble on junky airport snacks like potato chips and chocolate bars; your colon will be happier if you munch on high-fiber fare like dried fruit and nuts. And do not forget to drink lots of water. Staying hydrated is crucial for good gut motility.

At your destination: Move, eat, and drink lots of water

"Try to preserve as much of your regular routine as possible," says Dr. Rao. She also advises paying close attention to your food choices throughout your trip. Of course, you'll want to indulge and sample local delicacies, but try to incorporate fiber-rich foods like fruit, vegetables, oatmeal, and lentils into each day. Walking around as much as possible is also helpful, as is continuing to sip water. Get a good night's rest at the end of each day too.

If all else fails and you feel uncomfortably plugged up, Dr. Rao's laxative of choice is Miralax, which she says is much safer and gentler than stimulant laxatives. Just mix the powder into at least eight ounces of fluid. This will help draw water into your colon . . . and encourage the process.

WE'RE GOING THE EXTRA MILE.

Let's set sail together — safer than ever.

Throughout our storied history at Norwegian Cruise Line, the health and well-being of every guest and crew member have been our number one priority. With this in mind, and especially during these uncharted times, we are ever-evolving our already robust safe cruising program. Our enhanced health & safety programs are just the start of a wave of new technologies and enhancements we're rolling out both on board and on shore. We look forward to welcoming you back soon so that you can explore the world with the ultimate Peace of Mind.

ENHANCED SCREENING PROTOCOLS

All guests and crew will undergo a pre-embarkation health screening. There will be touchless temperature checks and monitoring of guests and crew throughout the voyage.

UPGRADED MEDICAL-GRADE AIR FILTERS

Strategic installation of medical-grade air filters to provide cleaner air for our guests. The upgraded H13 HEPA air filters are capable of removing 99.9% of airborne pathogens and are fine enough to catch particles of COVID-19.

INCREASED SANITATION MEASURES

All ships are thoroughly cleaned and disinfected prior to every voyage in accordance with company protocols, which are developed in partnership with the CDC's Vessel Sanitation Program. Our 24/7 prevention schedule will feature continuous disinfection of public areas and high-traffic touch points.

RESPONSIBLE SOCIAL DISTANCING

Guest capacity will be reduced on board all ships in our fleet to enable responsible social distancing measures. In addition, we will modify our check-in process to allow for staggered embarkation and will reduce capacity in all public areas.

ENHANCED MEDICAL RESOURCES

We are enhancing our onboard medical centers to be equipped with testing kits and medical supplies, including onboard testing for COVID-19 as available. Our onboard medical teams will also be increased fleetwide and will include a new dedicated Public Health Officer on every ship.

SHIP TO SHORE HEALTH AND SAFETY

We are collaborating with local destinations and tour operators around the globe to extend our robust health and sanitation protocols to the shoreside experience. Embarkation terminals, tour coaches, and the attractions we visit must have appropriate health and safety protocols in place.

LEARN MORE AT [NCL.COM/PEACEOFMIND](https://www.ncl.com/peaceofmind)



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