

Dr. Vicki's Travel Tips:

How to Stay Healthy While Flying



How will COVID-19 impact your travel plans? It's time to take simple steps to stay healthy.

Your immune system is like your own personal homeland security system, protecting you from disease-causing bacterial and viruses. **Your main goal on the flight is to give your immune system a fighting chance by NOT transferring germs from virtually every surface on the plane to your eyes, nose and mouth. Here's how.**

- **Stay healthy in the days before and after travel.** Sleep and eat well.
- **Stay hydrated.** The lower plane humidity causes the protective mucus membranes that normally trap germs to dry out. Bring your own travel bottle, fill it with water at the airport and sip throughout the flight.
- **Bring and use sanitizing wipes and hand sanitizers.** Wipe down the tray table, armrests and seat belts. While you've got the wipes out, clean your phone, earbuds and electronics. Avoid using the seat pockets.
- **Choose your seats for safety.** Window seats appear to be the healthiest option. Politely ask to be moved if you're seated next to someone who is coughing and sneezing.
- **Skip the airline finger food and adult beverages.**
- **Bring your own pillow and blanket.**
- **Don't touch your face.** Easier said than done, but it's a habit worth breaking.