



## TRIP TIP

### How not to get sick on an airplane?

Who has not experienced the slight cold caught on the plane? We usually take the air or the altitude, but in reality, there are some methods to avoid the unstoppable spread of germs. Advised to hypochondriacs!



It would appear that there is a 20% increased risk of getting sick when taking frequent flights. And contrary to popular belief, it is not the air that is in question, because once the plane takes off, the air is filtered and carries no germ. No, the reason is obvious: if you get sick on a plane, this is both because of overcrowding and lack of hygiene from the passengers!

Before boarding the plane or getting off, the risk of infection is high. Passages through security require hand washing rule because the trays in which they lay your articles are rarely cleaned. Finally, if your aircraft remains long on the ground, be aware that the absence of recirculation, germs spread faster.

#### Your neighbors seat

Any sick person who is two seats you can potentially contaminate you. To avoid catching what he has, there is not 36 solutions, if possible, ask to change seats.

If the plane is crowded and you need to stay close to the passenger, a good method is to direct ventilation to your face. Thus, it will be able to scan the germs from your neighbors.

#### Toilets

Even cleaned, they always contain a lot of bacteria and germs. The essential accessory is the **antibacterial gel** to use even if you have washed your hands at the sink. Preferably, wash your hands a second time after coming out of the toilet because

door handles can be very dirty. Also, **do not fill your water bottle from the tap**, because some people drink directly.



Ventilation can prevent many diseases



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### Your environment

Know that germs nests are common in aircraft. **The folding table, for example, certainly teeming with germs.** One solution, using disinfectant wipes. This is sometimes the same thing for pillows and blankets, it should not be used.

Finally, if you're really afraid of getting sick, **do not touch the plocket located on the front seat!** Some use it as garbage for dirty tissues, hygiene there is not at the top.

### Precautions to be taken

Altitude, the body often tends to more easily guard down. Especially since the air is very dry! The "trick" the most efficient is **to hydrate properly by using a nasal spray** to avoid the nose to dry up.

**And of course, if you do not worry more than that for your health, you can also relax and enjoy the journey.**

**After all, what's a little cold**