

OPERATION HYDRATION



Hydration Tips for Travelers

- Drink 8oz of water before your flight.
- Drink 8oz of water for every hour you are in the air.
- Drink 8oz of water at the end of your flight.
- Avoid alcohol and caffeinated beverages such as coffee, tea, cola, and energy drinks.
- Apply moisturizer so you can hydrate from the outside.
- Use eyedrops for dry eyes. Low cabin humidity can cause dry, irritated eyes, especially if you wear contact lenses.
- Use nasal spray for irritated nasal passages. Dry cabin air can cause nasal irritation and nosebleeds.
- Eat high-water-content foods before, during, and after your flight. Raisins, watermelon, chicken, and grapes are just a few.
- Get up and walk periodically during your flight. Move your feet frequently while sitting. This will help prevent blood clots.
- Always drink bottled water, especially when traveling internationally. Never drink unfiltered water.
- Always follow the advice of your healthcare provider.