

# How to Avoid Germs on a Plane: Learn the Causes and How to Prevent Getting Sick

Airplanes are a breeding ground for germs. The close quarters, recycled air, and constant stream of people coming and going create the perfect environment for bacteria and viruses to thrive. As a result, it's not uncommon for people to get sick after flying. Infections ranging from a common cold to a more severe condition such as pneumonia could be acquired. However, there are things you can do to protect yourself from getting sick on a plane. By following these tips, you can help to reduce your risk of exposure to germs and stay healthy while you travel.



## How To Avoid Germs On A Plane; Learn the Causes And How To Prevent Getting Sick While Traveling By Air

by Magic Guidebooks

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## Causes of Germs on Planes

There are a number of factors that contribute to the spread of germs on planes. These include:

- **The close quarters.** Airplanes are small, enclosed spaces. This makes it easy for germs to spread from one person to another through coughing, sneezing, or even just talking.
- **The recycled air.** The air on planes is recycled, which means that it is constantly being circulated throughout the cabin. This can help to spread germs throughout the plane, even if they are not directly transmitted from one person to another.
- **The constant stream of people coming and going.** Airplanes are constantly being boarded and deplaned by new passengers. This can bring a lot of new germs into the cabin, which can then be spread to other passengers.

## How to Prevent Getting Sick on a Plane

There are a number of things you can do to protect yourself from getting sick on a plane. These include:

- **Wash your hands frequently.** This is one of the most important things you can do to prevent the spread of germs. Wash your hands with soap and water for at least 20 seconds, especially after using the bathroom, coughing, or sneezing.
- **Use hand sanitizer.** If you don't have access to soap and water, use hand sanitizer with at least 60% alcohol. Hand sanitizers kill germs on your hands, which can help to prevent you from getting sick.
- **Avoid touching your face.** Your hands come into contact with a lot of germs throughout the day. If you touch your face, you can transfer those germs to your eyes, nose, or mouth, which can make you sick.

- **Cover your mouth and nose when you cough or sneeze.** This helps to prevent the spread of germs through the air.
- **Get vaccinated.** There are a number of vaccines available that can protect you from getting sick, including the flu vaccine, the measles vaccine, and the mumps vaccine. Talk to your doctor about which vaccines are right for you.
- **Choose a window seat.** Window seats are further away from other passengers, which can help to reduce your exposure to germs.
- **Stay hydrated.** Drinking plenty of fluids helps to keep your immune system strong and can help to prevent you from getting sick.
- **Get some rest.** Getting enough sleep helps to keep your immune system strong and can help to prevent you from getting sick.

## **What to Do If You Get Sick on a Plane**

If you do get sick on a plane, there are a few things you can do to help yourself feel better. These include:

- **Drink plenty of fluids.** This will help to keep you hydrated and prevent dehydration.
- **Get some rest.** This will help your body to heal.
- **Take over-the-counter medications.** These can help to relieve symptoms such as fever, cough, and congestion.
- **See a doctor if your symptoms are severe.** If your symptoms are severe or do not improve after a few days, see a doctor. You may need to be prescribed antibiotics or other medications.

Airplanes are a breeding ground for germs, but there are things you can do to protect yourself from getting sick. By following the tips above, you can help to reduce your risk of exposure to germs and stay healthy while you travel.

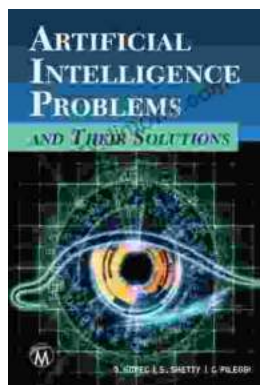


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