

9 absolute things you should not do when flying

Here are 9 absolute things you should not do when flying to make your trip more pleasant and comfortable. Invite you to consult!

1. A month before your heart attack, your body will show 8 warning signs!
2. 12 causes of insomnia that you never expected
3. 8 great things can happen to the body if drinking coconut water for 15 days

Any flight can be stressful for passengers. There are things that seem to be normal when done on the ground but are not really done while moving in mid-air to ensure your own health. Here are **9 absolute things you should not do when flying to make your trip more pleasant and comfortable** . Invite you to consult!

Wear contact lenses





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Contact lenses (*or contact lenses*) often make your eyes drier so when combined with dry air inside the aircraft. This will increase the discomfort for your eyes. That is why you should wear eyeglasses and small eyes to soothe and moisturize your eyes during long flights.

How to deal with tinnitus?



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Your ears are often buzzing or hurt when the aircraft takes off or landed due to the pressure difference on the aircraft. To avoid this, many people have a habit of sealing their ears, but this is often inefficient. You may feel much more comfortable applying these simple ways:

1. **Perform movements like sucking and swallowing something into your mouth** . Adults can chew gum; Children can drink water.
2. Continuous **action to open your mouth and close your mouth** for a while.
3. **Make 'breath through ears' movements** : Take a deep **breath** , then cover your nose and exhale, like you're pushing air through your ears. Consider using this method when you have a runny nose or allergic rhinitis.

If, after applying all of these measures, you still have tinnitus, see your doctor for assistance.

Take a plane when you have a stuffy nose



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Nasal congestion increases the pressure on the ear and it can lead to injury. Of course, no one has the right to ask you to stay home just because you have a cold but to reduce the risk, you should put **a few drops of anti-stuffy medicine in the nose before the plane takes off or landed** .

1. **Note** : If you have sinusitis or rheumatoid arthritis, consult your doctor before going on a plane.

Sit still



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During the flight, the blood circulation in the body is usually slower than normal, so sitting still without any movement **increases the risk of blood clots** - causing blood clots can lead to heart attack and stroke. To avoid this situation and help blood circulation when flying, you should:

1. Stand up and walk around the cabin;
2. Avoid wearing tight, tight clothes that reduce the movement of the body;
3. **Remove shoes during the flight** ;
4. In case of blood circulation problems, wear socks or socks;
5. Gently practice by lifting your legs up, lowering your legs and tiptoeing to make your body more comfortable.

Drink carbonated drinks



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Flatulence is caused by constant pressure changes that can make the body quite uncomfortable. Meanwhile, carbonated drinks are one of the easiest to cause flatulence. In addition to drinks, you should also limit eating brown bread (*a type of bread made with a significant amount of whole grains*), beans, apples . It is best to avoid eating them when flying.

Sit in the back seat with motion sickness



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We all know the principle: if you get motion sickness, don't sit in the back seat, right? This rule is also true when applied to an airplane. To avoid feeling uncomfortable, it is better to **choose the front seat or the seat near the wing** . Moreover, you should also pay attention to diet: do not eat fried or fat and especially do not drink alcohol.

Alcohol abuse



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This is important for many reasons. First, the air in the cabin is often dry, which increases the loss of water in the body. Second, alcohol reduces the amount of oxygen in the blood that makes you sleepy. In addition, there are suggestions that you are more likely to get drunk when flying. **Therefore, it is best to avoid drinking alcohol before, during and during the flight or drinking to a minimum.**

Touch the surrounding objects



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Aircraft compartment is an ideal environment for bacteria to live. The passengers sitting in front of you can leave the pathogen when they touch the seat bar, dining table . Not after every flight the airline will clean, disinfect the compartment promptly, so bacteria can enter your body. **Do not touch the surrounding objects too much, as bacteria and bacteria can become infected .**

Use the phone on the plane



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On aircraft equipped with electronic systems that allow pilots on the plane to communicate with the ground to support orientation and monitoring of other devices. Most avionics systems use radio signals to send and receive information, so **waves from the phone can interfere with the navigation system and communication devices on the aircraft**, making it impossible for pilots to Receive a warning signal from the air traffic control station, resulting in danger because of an accident. That's one of the reasons you have to turn off your phone when flying.

It is worth noting here that even if you do not use the phone, the applications in the device still work so the risk can still occur, especially when many people have a habit like you. **It only takes a few seconds to switch the phone to airplane mode, so don't forget to be safe when flying!**

See also: Do ??not fool other people to borrow 8 things to avoid painting on the body!

Having fun!

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