

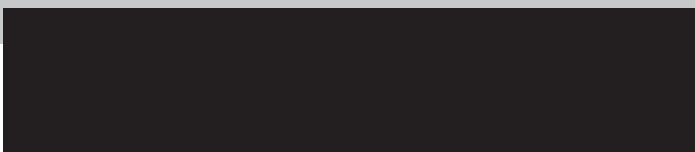


Avoid the airline food if it comes from

not used. To prevent food illnesses, it is also recommended that you avoid:

- Uncooked vegetables & fruits
- Unpasteurized milk & cheese products

- Immodium
- Dramamine
- Benadryl
- Tylenol/Ibuprofen
- Robitussin/Cough Drops
- Aloe
- Eye Drops
- Murine ear drops
- Saline nasal spray
- First aid kit





General Safety

Talk to members of your support system at home about