WHAT HAPPENS TO YOUR BODY DURING A FLIGHT

News / Airlines

Air pressure changes can cause passengers to experience build-ups of gas which lead to bloating, constipation and stomach pains.

If you've ever flown on a plane before, chances are you've suffered a few unpleasant symptoms.

A new infographic shows exactly how cramped conditions and constant pressure can create an environment that leads to dehydration and other illnesses.

Compiled by Compare Travel Insurance, it claims that catching a cold is over 100 times more likely when a person is travelling by plane due to the recirculated cabin air.

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WHAT HAPPENS TO YOUR BODY AFTER BOARDING A FLIGHT

It's a fact of life; flying can be trying. If you've flown abroad, you can probably attest to the ravages of a long haul flight. Whilst we love to see the world, dodgy tummies, aching sinuses and desert dry conditions can knock about the toughest of travellers. So what exactly happens to your body during and after a flight?

You won't be able to hear or taste

1/3 of your tastebuds are numbed when flying at high altitudes. Dryness and air pressure changes can affect your ears, sinuses & taste.

You'll become dehydrated

A **3 hour flight can shed up to 1.5 litres of water** from the body. Aeroplane humidity levels as low as 4% can cause the mucous membranes of your nose, mouth and throat to dry out.

You're deprived of oxygen

Aircraft cabins are pressurised to 75% of normal atmospheric pressure (the same altitude as Mexico city). Lower oxygen in your blood can cause Hypoxia; a condition leaving you feeling dizzy, fatigued and headachy.

You'll drink poison

OK, perhaps that's a little dramatic! However, in the past stored **water on planes has been found to contain traces of E.coli** and other harmful bacteria.

You're surrounded by germs

Catching a cold is over 100 times higher when you are flying. 1/2 of the cabin air is re-circulated during a flight spreading germs and viruses.

You'll expand like a beach ball

Just like a bag of peanuts mid-flight, air pressure changes will cause you to inflate. A **build-up of gas can lead to bloating, constipation and stomach pains.**

You're exposed to cosmic radiation

During a **7 hour** flight from New York to London you're exposed to the **same dose of radiation as an X-ray.**

Blood will pool in your legs

Lack of movement leads to **fluid build-up around the body, increasing the risk of deep vein thrombosis (DVT).**

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(Compare Travel Insurance)

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TOP TIPS FOR TRAVELLING ON A PLANE

Flying can be a pain but it's certainly worth the gain. Whether it's overcoming air-cabin dryness or keeping your belly bloat free, a few handy helpers will help you beat those frightful, in-flight feelings.

Avoid alcohol

Booze slows down your metabolism making it even harder for your body to absorb oxygen.

Keep hydrated & moisturised

Drink lots of water, avoid caffeinated drinks, use eye drops and keep plenty of moisturiser on hand.

Walk around the cabin

Keep moving and do the recommended in seat exercises to reduce swelling in your lower legs.

Drink bottled beverages

Avoid drinking stale, stored plane water and stick to juices and pre-packaged drinks.

Keep clean

Wash your hands, use hand sanitiser and wear a face mask to combat the spread of germs.

Relieve sinus pressure

Swallow hard, chew gum and work your jaw to help avoid sinus pain. Decongestants and nasal drops can help too.

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05 MAY 2016

SOURCE: INDEPENDENT
ARTICLE LINK:
https://mfa.50skyshades.com/news/airlines/what-happens-to-your-body-during-a-flight

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