FLYING PROTOCOL:

- 1. AFRIN 30 MIN BEFORE TAKE OFF 2 SPRAYS EACH NOSTRIL, THEN AGAIN 30 MIN BEFORE LANDING
- 2. USE EAR PLANES(AVAILABLE AT MOST DRUG STORES):



3. ORAL DECONGESTANT IF NEEDED 1-2 HRS PRIOR TO FLIGHT

FLYING PROTOCOL:

- 1. AFRIN 30 MIN BEFORE TAKE OFF, THEN 30 MIN BEFORE LANDING
- 2. EAR PLANES:



3. DECONGESTANT IF NEEDED 1-2 HRS PRIOR TO FLIGHT