

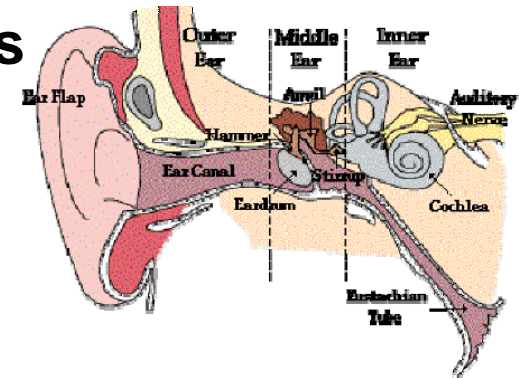


Onboard Service Safety Requirement

HELP PREVENT EAR BLOCK DAMAGE

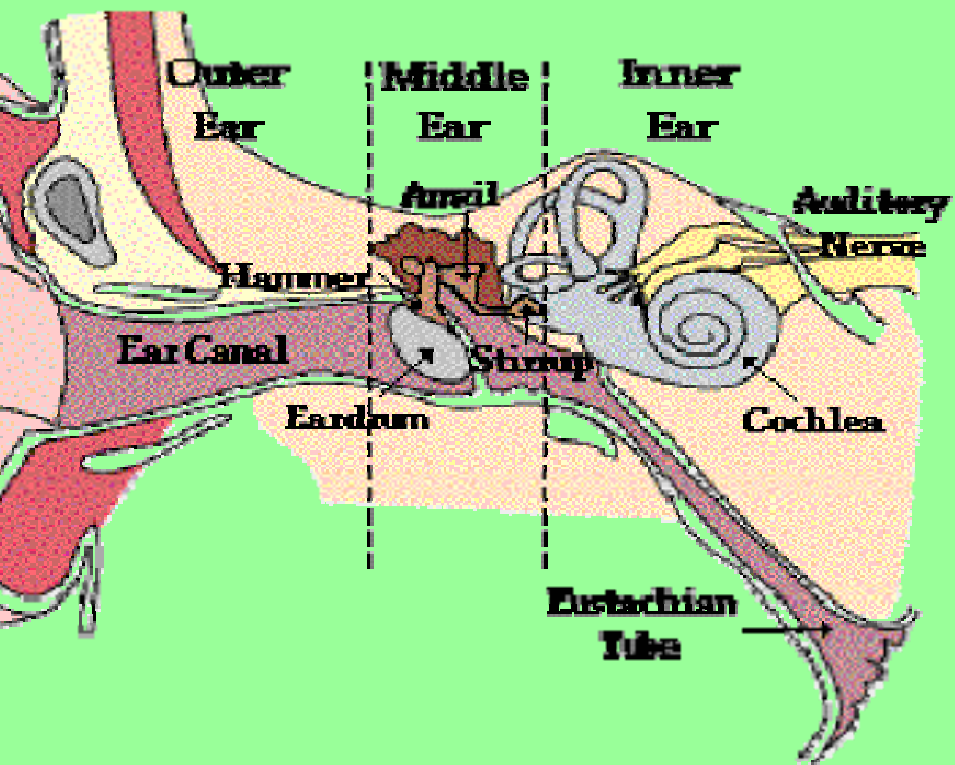
Helpful Tips

- Use oral decongestants and nasal sprays
- Drink plenty of fluids, especially water
- To help keep ears clear:
 - Swallow and yawn frequently
 - Perform the valsalva maneuver



EarPlanes may relieve
ear discomfort, clogging
and popping

m..



...HELP
PREVENT
EAR BLOC
DAMAGE

aking proper
eal precautions

Helpful Tips to Minimize Pressure Changes

- Use oral decongestants and nasal sprays, as
- Drink plenty of fluids, especially water
- For mild to moderate congestion, frequent swallowing, yawning, and the valsalva maneuver should