



Jammed in airport crowds, using busy public restrooms and sneezes in your face. It's difficult to stay healthy during travels. One way to combat the negatives is to take some positive steps as you check in for your flight.

First, after using the restroom and wherever else with potential contamination, wash your hands and face. Also carry one or more disposable cloth or paper face masks and gloves. One potentially dangerous dirty encounter is with the moving plastic bins used for shoes and carry-on bags through screening lines.

Medical reports detect viruses in the bottom of plastic security screening trays. They're full of dust, dirt and other infectious sources. Sensible precautions could save you from suffering everything from sniffles to pneumonia.