Consider a bottle or sippy cup on takeoff & landing to encourage swallowing. If children have allergies, have them take their prescribed allergy medicine. If this is a persistent & big problem, consider a decongestant nasal spray 30 minutes before takeoff and landing.

**Air Travel Tips for Adults**
Swallowing, chewing gum, & using a nasal steroid allergy spray regularly can provide relief. If you are particularly prone to this, you can take a decongestant nasal spray 30 minutes prior to takeoff and landing.

**Ear Protection is a MUST!**
Summer is the time for DIY home projects & lawn care. Use of mowers & other power tools means your ears can be exposed to prolonged levels of damaging noise. Wear ear protection at all times to avoid permanent hearing loss.

**Apply Sunscreen to Your Ears**
Ears are typically forgotten when applying sunscreen, but are just as prone to skin cancer. Don’t forget to apply (& reapply) sunscreen to your ears and wear hats!

**Be Decibel Aware**
Summer concerts, NASCAR races, amusement parks, fireworks, & more can cause serious damage to your hearing. Limit your exposure, stay away from speakers, & wear hearing protection to avoid permanent hearing loss.

**Have a Great Summer**
The most important thing is to have fun! We hope these tips help you have an incredible time with family & friends this summer!