

**Mayo Clinic Medical Edge**  
***Infectious Disease & Air Travel***

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	YOU CAN ALMOST COUNT ON IT. SOMEONE ON YOUR NEXT FLIGHT WILL BE COUGHING, SNEEZING AND BLOWING THEIR NOSE. AND YOU'RE STUCK WITH THEM FOR THE NEXT FEW HOURS. SO IT'S JUST A MATTER OF TIME BEFORE YOU GET SICK TOO, RIGHT?
<b>Jan Stepanek, M.D.</b> <b>Track 1 (6:50)</b>	"IT'S REALLY NOT THE WHOLE PLANE THAT IS EXPOSED, IT'S MEER LY THE PEOPLE WHO ARE SITTING IMMEDIATELY ADJACENT. AND THE RULE OF THUMB IS TWO ROWS AHEAD AND BEHIND THE PASSENGER."

	<p>SO WHY, IN SUCH A CONFINED SPACE, WOULDN'T EVERYONE FROM FIRST CLASS TO THE LAST ROW IN COACH NEED TO BE WORRIED? DR. JAN STEPANEK AN AEROSPACE MEDICINE SPECIALIST AT MAYO CLINIC SAYS...</p>
<p><b>Dr. Stepanek</b> <b>Track 1 (6:10)</b></p>	<p>"THE REALITY IS THAT THE AIRFLOW PATTERN IS REALLY FROM THE TOP DOWN AT EVERY AISLE OF THE AIRCRAFT, NOT FROM FRONT TO BACK."</p>
	<p>BUT KEEP IN MIND, WITH ALL THE MOVEMENT DURING THE USUAL RUSH TO EXIT AFTER LANDING, A PLANE IS REALLY NO DIFFERENT THAN ANY OTHER CROWDED AREA.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>
