



The recent accident suffered by 76-year-old Supreme Court Justice Ruth Bader Ginsberg should be a lesson to all senior travelers. After taking both prescription and over-the-counter drugs to make it easier to sleep during a flight, she fainted and fell out of her seat. Fortunately, her injuries were mild, and after just an overnight stay in a Washington hospital, she was released.

Here are some precautions to take before you fly:

1. Check with your doctor about your prescription and other drugs, and find out the precautions for using several at the same time while in the air. Don't just pop pills without understanding the potential danger.
2. Don't try to stash big, bulky bags under your seat. Use just a small bag, and stuff everything else into your carry-on or checked luggage.
3. When you put stuff in the overhead compartment, be sure it is pushed back, and won't shift around during the flight and bonk someone on the head after landing.
4. You may have been flying since the days of Wilbur and Orville Wright, but it is still necessary for you to listen to the pre-flight lectures about seat belts, emergency exits and other valuable safety info. Always be aware of what to do in an emergency.
5. We know you want to look dignified at all times, but when you fly, always wear loose, comfy clothing and slip-off shoes. Checking in and boarding are stressful enough, so try to make the actual flight as pleasant as possible.
6. To make flights go more quickly, always take along a small electronic viewing or hearing device, such as a mini DVD or CD with discs, or a cassette player with tapes.

And, bon voyage!