



Most seniors can fly in the normally dirty aircraft cabins without being sickened by the usual air, floor, seat and bathroom contamination. However, for those of advanced age and sensitive immune systems, the experience could result in nasty colds, infections or worse.

Passenger areas on planes are cleared after each flight, although it's mostly just a few moments of removing trash. Planes that remain in the airport overnight are given a more thorough going-over, including bathroom cleaning and replacing used blankets with clean ones. Therefore, if you have a choice, take early morning flights.