



A recent airport incident created passenger health challenges when their flight was delayed for more than three hours. Worse, the on-board air conditioning was turned off. Finally, the flight was cancelled after many passengers suffered severe heat exhaustion and required hospital care.

What should you do if long tarmac delays happen on your next flight? The best way to avoid problems is to keep calm, stay in your seat and restrict physical activities. Also sip water or juice to keep your mouth and throat lubricated. And if you're religious, a silent prayer could help.