

Am I fit to fly?

Illness

Free of symptoms.



Medication

Aviation-approved medications only.



Stress

Managing stress well.



Alcohol or Drugs

Alcohol in moderation and not less than 12 hours before flight. NO drugs!



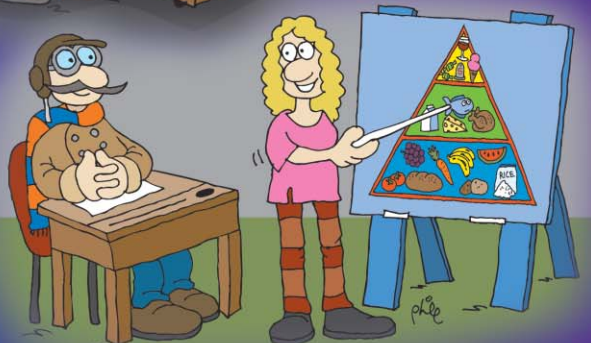
Fatigue

Good sleep management.



Eating

A balanced diet.



...Yes, I'M SAFE to fly.