

I'M SAFE TO FLY

- LLNESS
 Free of illness
 and symptoms
- EDICATION
 Safe medication only
- S TRESS

 Managing stress well at home and work
- A LCOHOL —
 Free of alcohol and drugs and their effects
- F ATIGUE —
 Rested and sleeping well
- E ATING
 Fed, watered, and ready to go

