

Gastroenteritis in Aircrew

Gastroenteritis is a common condition and is the most common cause of in-flight impairment in aircrew

Symptoms

- > Nausea
- > Vomiting
- > Fainting
- > Sudden Diarrhoea
- > Stomach Cramps
- > Mild fever



You must stay off work until at least 48 hours after your symptoms have resolved.

If symptoms occur in-flight, alert crew and stand down if possible.

Symptoms can last several days. If you have any of the symptoms listed above, you **should not** fly.

Hand Washing



Wash your hands with **soap** after using the toilet and before handling food or drink.

Drinking Water



Drink bottled water in high risk areas e.g. Asia, Africa, the Middle East and Central and South America.

- > **Seek medical advice** for symptoms that last more than 48 hours, if you show signs of severe dehydration (dizziness, reduced urine volume, black outs) or if you have bloody diarrhoea.