

Air travel and health

Here you will find some useful tips on health aspects connected with air travel.
The [Medical Centre](#) at Vienna Airport is available 24 hours a day.

Fit to fly?

All healthy persons of any age whatsoever may fly, and also sick and handicapped persons

- who are not medically unfit to travel
- who can look after themselves or have an accompanying person to look after them
- who do not cause an impediment for other passengers.

In case of doubt, medical clearance (MEDIF) must be provided beforehand by an authorised physician. You can obtain further information from your travel agency and/or airline.

Travel to exotic countries

Travel to exotic countries should be carefully planned—not only in terms of the travel itself but also with regard to health considerations. You should check beforehand whether you need any vaccinations.

You should enquire about recommended or obligatory vaccinations for your destination between six and eight weeks before you plan to travel. Information can be obtained from your travel agency, airline or the Vienna Airport Medical Centre (telephone +43 1 7007, extension 22245 or e-mail: reisemedizin@viennaairport.com)

Possible causes of discomfort during the flight

The following factors can cause physical discomfort during the flight:

- cabin pressure
- dehydration
- time difference
- restricted mobility

Pregnancy and flying

Pregnant women may fly until the 28th week of pregnancy and thereafter with a medical certificate until the 36th week.

In the event of multiple pregnancies, travel until the 28th week of pregnancy is possible and thereafter with a medical certificate until the 32nd week.

Women with high-risk pregnancy management may not fly.

Free information and advice

Tel.: +43 1 7007 extension 22245 or

Tel.: +43 1 7007 extension 22299

medical-center@viennaairport.com

You can also purchase travel stockings and thrombosis medication for your return flight.