In fact, they say, he may be less likely to catch a strain. That’s because air is exchanged more frequently on the plane than it is in typical offices and school buildings, and filters on airplanes remove about 99 percent of germs from the air.

Choose a window seat. Snyder opts for the inside seat, when possible. He says that because airplanes are designed so that the air flow comes down from the top of the cabin and exits from vents on the floor by the window, so when you choose the window seat you benefit from that air flow. “That’s a relatively safer space, even though the overall environment is not.”

Wipe down flat surfaces. Germaphobes range all the idea of touching a tray table that’s been touched by countless passengers before you, and for good reason. Snyder advises travelers to pack wipes (with at least 62 percent alcohol) and use them to wipe down tray tables, arm rests and seat back pockets.

Prevent your medications — and a list of those drugs — from getting lost. If you’re taking medications for chronic conditions, Snyder advises travelers to pack these in a separate container. He says that the humidity level on an airplane is low, which is why travelers sometimes become dehydrated. The dryness of the environment can increase your thirst, Snyder says. On long flights, he suggests walking up and down the aisle or doing exercises in your seat to move your toes up and down and flex your calf muscles.

Manage your stress. All of the tips that physicians — and moms — give year-round are also the kind of advice you should heed before hitting the skies. Snyder also advises all travelers to wear their seat belts, listen to flight attendants during the safety briefing and read the safety card. He says that something he does whenever he flies.

Here are some tips to keep in mind:

Get creative. Let’s face it: Travel may offer life-en

New Product revive your

Travelers who want to buy

TIPS FOR TOURING HERE AND ABROAD

The Concierge

HERE

OLD STATE HOUSE EXHIBIT EXPLORES MEMORY AND HISTORY

History buffs won’t want to miss the new exhibit debuting at the Old State House this summer.” Through the ‘Keyhole’ you explore converging themes of memory and preservation,” said Maria D’Amico, the museum’s director. The exhibition includes “Cato & Dolley Hancock, John Hancock’s wife and first lady of Massachusetts.”

Fans of The Equinox Golf Resort & Spa will be pleased to learn the property’s partnership throughout Southern Vermont/KHL232.html

GET ARTSY IN SARASOTA

Lovers of all things cultural who want to check out the recently opened Art Ovation Hotel, Autograph Collection in Sarasota, Fla. Located in the heart of downtown, between the Sarasota Opera and the Florida Studio Theatre, the hotel is steps away from dozens of art galleries, shops, and dining at Main Street. There’s also plenty of art to see and experiment without leaving the property. The 162 bright and airy guest rooms and suites boast select art on the floor, ceiling walls, state-of-the-art technology, and art-inspired online includes in-room instruments for private jam sessions (such as ukulele, cd’s, guitar, and more), and an artist sketchbook for guest use during their stay.

A full-time curatorial curator is on hand daily to coordinate noteworthy amenities, and programming, including an artist in residence, programed rooftop yoga, impromptu broth and cak, ulie music events, and integrated rooftop yoga, impromptu brood, cak, ulie music events, and integrated rooftop yoga, impromptu brood, cak, ulie music events...