Flight and landing symptom card

Flight date _____ Route _____

Stage	Time or estimate	Facial symptoms and side	Ear symptoms and side	What changed later
Before boarding				
Takeoff and climb				
Cruise				
Descent and landing				
After landing				

Question to ask _____

If you only know the stage, record it without guessing a time. Describe facial and ear symptoms separately.

Personal observations only. Not clinically reviewed. These sheets do not diagnose symptoms or replace your care team’s instructions. Do not delay care to complete a diary.