

GUIDELINES FOR

FLYING AFTER DIVING

HOW LONG SHOULD YOU WAIT? SUGGESTED MINIMUM SURFACE INTERVALS



Single day
no-deco dive

12+
hours



Multi-day or repetitive
no-deco dives

18+
hours

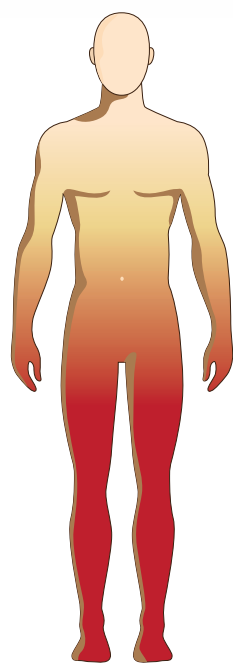


Mandatory
deco dive

24+
hours

Longer surface intervals further reduce DCS risk

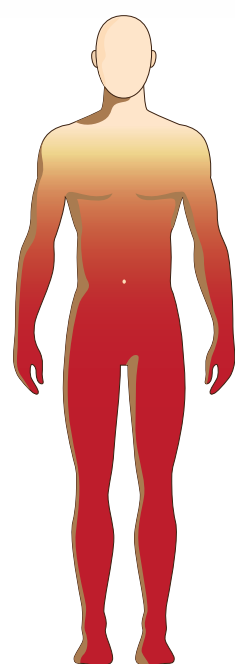
These guidelines apply to divers who have no symptoms of decompression sickness (DCS) and will be flying at cabin altitudes of 2,000-8,000 ft (610 to 2,438 meters)



Mild DCS

Symptoms
(Type 1)

- Musculoskeletal or joint pain
- Skin rashes, mottling or swelling
- Tissue tenderness associated with skin manifestations
- Mild constitutional symptoms



Serious DCS

Symptoms
(Type 2)

- Numbness, tingling or muscular weakness
- Difficulty walking or loss of coordination
- Confusion or impairment of cognitive functions
- Vertigo or spinning sensation
- Chest pain or difficulty breathing
- Bladder or bowel dysfunction
- Tinnitus or hearing loss

If these or other symptoms present, a diver should avoid flying and seek medical evaluation immediately, then call DAN's 24-hour Emergency Hotline for additional assistance.

+1-919-684-9111
Emergency Hotline