

[Hackensackmeridianhealth.org/mychart](https://hackensackmeridianhealth.org/mychart)

before you stow your bag in the overhead compartment, pull out the important items that you'll need during the flight and put them in the back of the seat in front of you.

hackensackmeridianhealth.org/events

if you get blood, the tip of the needle is in a blood vessel

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