

easily. A small amount of fluid in the mouth turns this mechanism off and the replacement of needed body fluid is delayed.

Other steps to prevent dehydration include:

- Carrying a container in order to measure daily water intake.
- Staying ahead—not relying on the thirst sensation as an alarm. If plain water is not preferred, add some sport drink flavoring to make it more acceptable.
- Limiting daily intake of caffeine and alcohol (both are diuretics and stimulate increased production of urine).

Heatstroke

Heatstroke is a condition caused by any inability of the body to control its temperature. Onset of this condition may be recognized by the symptoms of dehydration, but also has been known to be recognized only upon complete collapse.

To prevent these symptoms, it is recommended that an ample supply of water be carried and used at frequent intervals, whether thirsty or not. The body normally absorbs water at a rate of 1.2 to 1.5 quarts per hour. Individuals should drink one quart per hour for severe heat stress conditions or one pint per hour for moderate stress conditions. For more information on water consumption, refer to the “Dehydration” section of this chapter.

Drugs

The Federal Aviation Regulations include no specific references to medication usage. Title 14 of the CFR prohibits acting as PIC or in any other capacity as a required pilot flight crewmember, while that person:

1. Knows or has reason to know of any medical condition that would make the person unable to meet the requirement for the medical certificate necessary for the pilot operation, or
2. Is taking medication or receiving other treatment for a medical condition that results in the person being unable to meet the requirements for the medical certificate necessary for the pilot operation.

Further, 14 CFR part [107](#) and 14 CFR part 91, sections [91.17](#) and [91.19](#) prohibit the use of any drug that affects the person’s faculties in any way contrary to safety.

There are several thousand medications currently approved by the U.S. Food and Drug Administration (FDA), not including OTC drugs. Virtually all medications have the potential for adverse side effects in some people. Additionally, herbal and dietary supplements, sport and energy boosters, and some other “natural” products are derived from substances often found in medications that could also have adverse side effects. While some individuals experience no side effects with a particular drug or product, others may be noticeably affected. The FAA regularly reviews FDA and other data to assure that medications found acceptable for aviation duties do not pose an adverse safety risk.

Some of the most commonly used OTC drugs, antihistamines and decongestants, have the potential to cause noticeable adverse side effects, including drowsiness and cognitive deficits. The symptoms associated with common upper respiratory infections, including the common cold, often suppress a pilot’s desire to fly, and treating symptoms with a drug that causes adverse side effects only compounds the problem. Particularly, medications containing diphenhydramine (e.g., Benadryl) are