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| 番号 | 見出し／本文 | 英語 |
| 41 | エコノミークラス症候群 | Economy Class Syndrome |
| 長い間、同じ姿勢で座っていたり、トイレに行きたくないために水分を取らないと、血管の中に血の塊ができて、呼吸が苦しくなったり、息ができなくなることがあります。 ときどき歩く、水分を補給する、深呼吸する、足を何かの上に上げた状態で寝るなど、気をつけてください。気分転換のためにも、体を動かすことが大切です。 | After sitting in the same position for a long time without drinking and refraining from going to the toilet, you might form a blood clot in the veins that may cause you to have difficulty in breathing or not even be able to breathe.  Getting out of your seat and walking around the plane sometimes, staying hydrated with drinks, breathing deeply, and sleeping with both feet in an upward position might help to reduce the possibility of getting economy class syndrome. Please take care when traveling on a plane; it is important to move around sometimes to refresh your feeling as well. |