

# The amazing way this flight attendant saved the life of one of her passengers with a note in the toilet



Photo Credit: Getty

**COSMO**

Catriona Harvey-Jenner  
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A heroic flight attendant has been widely praised after the story of how she saved the life of one of her passengers broke this week. It wasn't any kind of technical malfunction on the plane that alerted 49-year-old cabin crew Shelia Fedrick, who works for Alaska Airlines, to the emergency at hand, however; it was her attention to detail and her quick, logical thinking.

[The Telegraph](#) reports that Fedrick was working on an American domestic flight from Seattle to San Francisco when she noticed a young girl of about 14 or 15 sitting next to a smartly dressed older man.

The young girl, Fedrick noted, had greasy hair and looked distressed; like "she had been through pure hell". Her introverted demeanour - the teenager refused to talk or make any eye contact - and the unusual difference in both age and appearance between she and the man she was travelling with made the flight attendant concerned for her welfare.



Photo credit: Facebook

When Fedrick tried to push conversation with the passengers, the male traveller was apparently very defensive, so the air hostess managed to whisper under her breath to the young girl that she should go to the plane toilet.

There, Fedrick left a note for the teenager. "I left a note in one of the bathrooms," she explained. "She wrote back on the note and said 'I need help.'"

From there, the flight attendant alerted the pilot, who contacted police down on the ground. Officers were there waiting for the suspicious passenger and the young girl he was travelling with, and found out afterwards that the youngster was being trafficked. Thanks to Sheila Fedrick, she had been saved from any further trauma. Amazing.