

## Fast Facts

### Motion Sickness

- Caused when brain receives conflicting signals from inner ear, eyes, skin receptors and muscle/joint sensors in relation to motion and your body's position in space
- These inputs help you maintain equilibrium and balance. So, if they aren't working together as they should, then it can result in you feeling off balance and sick
  - Symptoms usually come on quickly and progress rapidly
- Can occur with any type of travel, such as ship, plane, train, bus or car
- More common for women, children between 2 -12 and those who suffer from migraines

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Dizziness</li> <li>-Sweating</li> <li>-Nausea</li> <li>-Vomiting</li> </ul>	<p><i>Over-the-Counter Products:</i></p> <ul style="list-style-type: none"> <li>Antihistamines</li> <li>-dimenhydrinate</li> <li>-diphenhydramine</li> <li>-meclizine (least sedating)</li> <li>*Children should only take dimenhydrinate or diphenhydramine</li> </ul> <p><i>Prescription:</i></p> <ul style="list-style-type: none"> <li>Scopolamine</li> <li>-Pills</li> <li>-Patch (can stay on for 3 days)</li> </ul> <p><i>Natural:</i></p> <ul style="list-style-type: none"> <li>-Aromatherapy with lavender or ginger</li> <li>-Eating ginger or peppermint</li> </ul>	<p><i>Ship:</i></p> <ul style="list-style-type: none"> <li>-Select a cabin near waterline and middle</li> <li>-Focus on the horizon</li> </ul> <p><i>Plane:</i></p> <ul style="list-style-type: none"> <li>-Sit near window</li> <li>-Open vent and blow air on your face</li> <li>-Get a seat over the front edge of the wing</li> </ul> <p><i>Train:</i></p> <ul style="list-style-type: none"> <li>-Choose a window seat that is facing forward</li> </ul> <p><i>Car:</i></p> <ul style="list-style-type: none"> <li>-Sit in front passenger seat</li> <li>-Look out the window</li> <li>-Drive rather than ride</li> <li>-Don't reading while riding</li> <li>-Use head rest to decrease the amount your head moves</li> </ul> <p><i>All:</i></p> <ul style="list-style-type: none"> <li>-Don't lie down</li> <li>-Eat dry crackers if you feel queasy</li> </ul> <p><i>Other (beforehand):</i></p> <ul style="list-style-type: none"> <li>-Get a good night's sleep</li> <li>-Don't eat greasy/acidic foods</li> <li>-Don't drink large amounts of alcohol</li> <li>-Drink plenty of water</li> </ul>

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