Motion sickness can occur in anyone traveling on air, water or ground transportation in many parts of the underdeveloped world where travel can be quite rough.

**SYMPTOMS:**
- Feeling “unwell”
- Pale
- Cold sweats
- Nausea/vomiting
- Increased salivation
- Frequent yawning
- Fatigue
- Dizziness
- Clammy skin
- Headache
- Decreased concentration

**SYMPTOMS INCREASE WITH:**
- Alcohol consumption
- Fatty foods
- Fatigue
- Sleep deprivation
- Reading in a moving vehicle
- Focusing on nearby objects

**SYMPTOMS DECREASE BY:**
- Looking out to a distant location/horizon
- Asking for seats over the wing if flying (right wing less symptoms than left wing because frequent banking of plane to left)
- Use a neck cushion
- Resting, remaining still
- Avoid reading and alcohol
- Stay well hydrated
- Wear dark glasses to decrease visual stimulation

**TREATMENT:**
*Antihistamine* – i.e. Dramamine (dimenhydrinide) or Dramamine II (meclizine)
- Side effects: drowsiness
- Take 30 minutes before symptoms so nausea/vomiting doesn’t affect ability to keep in stomach. Also, they work best when used before symptoms start
- Don’t drive
- Prescription medicines available also (see Primary Care Provider) if you have a history of severe symptoms
- Wrist bands – work through acupressure