MOTION SICKNESS

“When what you feel and what you see don’t agree”

SYMPTOMS:
- Feeling “unwell”
- Pale
- Cold sweats
- Nausea/vomiting
- Increased salivation
- Frequent yawning
- Fatigue

SYMPTOMS INCREASE WITH:
- Alcohol consumption
- Fatty foods
- Fatigue
- Sleep deprivation
- Reading
- 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)
- Support neck
- Lying down

TREATMENT:

**Antihistamine** - (Over the counter)
- Side effects: drowsiness
- Take within 30 minutes of symptoms so nausea/vomiting doesn’t affect ability to keep in stomach
- Don’t drive
- Prescription medicines available also (see Primary Care Provider)