







# Tips for the Motion Sick Traveler

Taking Bonine® right before you travel can help keep motion sickness at bay. For other ways to stop motion sickness from being your traveling companion, pack this handy list of DOs and DON'Ts:

## DOs

-  **1. Choose your seat carefully.** Sitting in the front seat of a car or bus, sitting over the wing of a plane, or being in the central cabin on a ship can help you feel less motion.
- 2. If you're traveling by car, offer to drive.** Driving instead of riding in a vehicle can help reduce symptoms.
- 3. Breathe deep through your mouth, not your nose.**
- 4. Turn the air vent toward your face** if you're traveling by car or plane.
- 5. Look out the window at some stationary point.**
-  **6. If you're in a boat, look at the horizon.**
- 7. Drink carbonated beverages** (ginger ale is particularly calming).
- 8. Carry some mint or ginger flavored lozenges with you.** They may help with nausea.
- 9. Chew on dry crackers.**
- 10. Eat light meals or snacks low in calories** 24 hours before air travel.

## DON'Ts

-  **1. Avoid reading in the car,** particularly on a windy, bumpy road. You don't need to add motion, when your body is having trouble dealing with it.
- 2. Don't smoke.** (Smoking can make a lot of things worse!)
- 3. Avoid big, greasy meals and alcohol** before travel.
- 4. Don't overeat.**
- 5. Avoid traveling on an empty stomach.** An empty stomach can be just as bad as one with the wrong foods in it.
- 6. Don't bring strong-smelling foods or snacks.**
- 7. Avoid rear seats on a plane or in a car.**
-  **8. Don't sit backwards either** (this goes for riding the train).
- 9. Don't go below if you're out on a boat.** Stuffy quarters without a view of the horizon may make you feel a lot worse.
- 10. Don't forget to take a motion sickness medication—like Bonine®.**

Bonine® is a chewable once-a-day tablet to help treat motion sickness.

